

MAKING YOUR GRIEF COUNT

BEREAVEMENT SUPPORT GROUP

Porter Loring Mortuaries and Alamo Heights United Methodist Church would like to invite you to join us in an eight-week program for those who are grieving the loss of a loved one.

This program is designed to create a safe place to:

- Embrace your grief and learn to bear it
 - Discover how your loved one can live on into your life story
- Strengthen your characteristics of resilience
 - Plan for how you will continue to heal and live a meaningful life

FACILITATOR:
Heather Walchar
LCSW, M.Div., BCC

WHEN:

Wednesdays,
6:00 pm—7:30 pm*
September 11, 18, 25,
October 2, 9, 16, 23, 2024

*Attending all sessions is most beneficial, therefore no new participants will be accepted after the second session

WHERE:

Alamo Heights
United Methodist Church
825 E. Basse Road
Room S107
San Antonio, Texas 78209

COST:

Free**

**Please call to reserve a spot

CONTACT:

Leah Jane
(210) 826-3215 ext 111 or
Register online at
ahumc.org/learning/



PORTER LORING
Mortuaries & Cremation Services