

MAKING YOUR GRIEF COUNT

BEREAVEMENT SUPPORT GROUP

Porter Loring Mortuaries & 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:
Cindy Suarez, LPC

WHEN:

Wednesdays,
6:00pm—7:30 pm*
September 9, 16, 23, 30,
October 7, 14, 21, 28, 2026

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

WHERE:

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

COST:

Free**

**Please call to reserve a spot

CONTACT:

Leah Jayne
(210) 826-3215



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