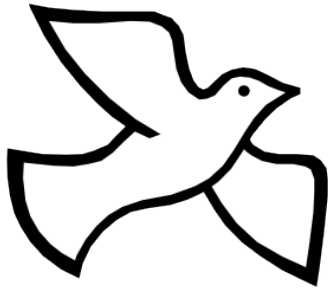


*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”*

*Jeremiah 29:11*



***Pre-registration required.***

For more information and to pre-register. . .

**Call Merrilee Mitchell – Berkeley  
(510) 482-5296**

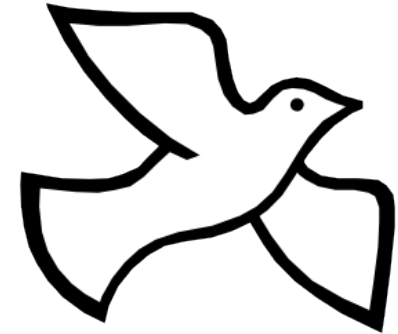
**Call Bev Fellows - Lafayette  
(925) 949-7628**

**Call Kristi May - Pleasanton  
(925) 413-2270**

**Call Merrilee Mitchell – San Leandro  
(510) 482-5296**

*Widows/Widowers Grief Recovery*  
First Presbyterian Church  
2407 Dana Street  
Berkeley, CA 94704

2021  
*Widows/Widowers  
Grief Recovery*



*“Blessed are they who mourn,  
for they shall be comforted.”*

*Matthew 5:4*

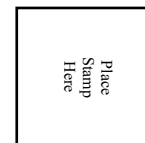
FIRST PRESBYTERIAN CHURCH OF  
BERKELEY

FIRST PRESBYTERIAN CHURCH OF  
SAN LEANDRO

LAFAYETTE-ORINDA PRESBYTERIAN  
CHURCH IN LAFAYETTE

*and*

VALLEY COMMUNITY CHURCH  
IN PLEASANTON



## *For those who grieve. . .*

### *The Widows/Widowers Grief Recovery Class and Support Group*

- provides a safe place for sharing experiences of loss and grief
- facilitates understanding of the grieving process
- encourages hope and provides support
- enables people to begin and work through the grief process

This group is open to widows and widowers of all ages no matter how far along they are in their grief process. Whether you have recently lost a spouse or your spouse died years ago, all who are interested in working through their grief are welcome.

It is not necessary to be a member of a church to attend.

Please call the contact to pre-register.

## *Dates/Times* **2021**

*During the COVID19 pandemic, groups were no longer in person. That is beginning to change. If you register for a group, you will be notified as soon as dates and times are determined. It may be on Zoom or may be in person. LOPC (see below) is planning an in-person group. Either way, we will let you know.*

**Mondays, 6:30 – 8:30 p.m.**  
**July 26 – September 27, 2021**  
**VALLEY COMMUNITY CHURCH**  
4455 Del Valle Pkwy, Pleasanton  
**CONTACT: KRISTI MAY 925-413-2270**  
[kristimay@prodigy.net](mailto:kristimay@prodigy.net)

**Tuesdays, 2:00 – 4:00 p.m.**  
**August 3 – October 4, 2021**  
**LAFAYETTE-ORINDA PRESBYTERIAN CHURCH**  
49 Knox Drive, Lafayette  
**CONTACT: BEV FELLOWS 925-949-7628**  
[beverlyfellows@comcast.net](mailto:beverlyfellows@comcast.net)

**Dates & times to be determined**  
**FIRST PRESBYTERIAN CHURCH OF BERKELEY**  
2407 Dana Street, Berkeley  
**CONTACT: MERRILEE MITCHELL 510-482-5296**  
[merrileehm@sbcglobal.net](mailto:merrileehm@sbcglobal.net)

**Dates & times to be determined**  
**FIRST PRESBYTERIAN CHURCH OF**  
**SAN LEANDRO**  
180 Estudillo Ave, San Leandro  
**CONTACT: MERRILEE MITCHELL 510-482-5296**  
[merrileehm@sbcglobal.net](mailto:merrileehm@sbcglobal.net)

## *Format*

Materials include ***Grief Recovery: A Workbook for Widows & Widowers*** by Robyn Ledwith Mar.

Over the 10 weeks of the group, topics will include:

- Facing Loss
- Understanding Grief
- When Grief Returns
- Choosing to Recover
- Letting Go of the Past
- Getting Back in Balance
- Building a New Life

There is a \$15 fee for the workbook. The fee will be collected at the first meeting.

