



Widows/Widowers Grief Recovery

Fall 2022 Schedule

Tuesdays, 2:00 – 4:00 p.m.
September 13 – November 15, 2022
LAFAYETTE-ORINDA PRESBYTERIAN CHURCH
49 Knox Drive, Lafayette
CONTACT: BEV FELLOWS 925-949-7628
beverlyfellows@comcast.net

Fridays, 1:00 – 3:30 p.m.
September 16 – November 18, 2022
FIRST PRESBYTERIAN CHURCH OF
SAN LEANDRO
180 Estudillo Ave, San Leandro
CONTACT: MERRILEE MITCHELL 510-482-5296
merrileehm@sbcglobal.net

Sundays, 1:00 – 3:30 p.m.
September 18 – November 20, 2022
FIRST PRESBYTERIAN CHURCH OF BERKELEY
2407 Dana Street, Berkeley
CONTACT: MERRILEE MITCHELL 510-482-5296
merrileehm@sbcglobal.net

Mondays, 6:30 – 8:30 p.m.
September 19 – November 28, 2022
VALLEY COMMUNITY CHURCH
4455 Del Valle Pkwy, Pleasanton
CONTACT: KRISTI MAY 925-413-2270
kristimay@prodigy.net

Have you (or someone you know) experienced the death of a spouse recently or within the last few years? Sharing our experiences during this 10-week class is extremely helpful to our healing process. Find hope, support and successful ways to process this significant life event. Course is open to all Widows and Widowers. Enrollments are now being accepted. Pre-Registration is required. The workbook is \$20. Please call the contact above if you would like to attend or learn more about the group.

While these groups are currently planned to be in-person with all the required COVID precautions, please be prepared for them to change to Zoom.