

Finding Joy Again

Grief and Loss Support Group

A 6-week class

Beginning September 20th

7:00 - 8:30 PM

**Coping with grief in an atmosphere of
caring and understanding**

Facilitators

Sharon Steller

[sstellers@sbglobal.net](mailto:ssellers@sbglobal.net) or (408) 257-4995

Judy Van Gastel

vangastel45@aol.com or (408) 446-4485

West Valley Presbyterian Church

6191 Bollinger Road Cupertino, CA
(408) 252-1365 www.wvpc.org

*God is our refuge and strength, an ever-present help in trouble.
Psalm 46:1*

*Cast your cares on Him, for He cares for you.
I Peter 5:7*

When people grieve over a loss of a loved one, it is usually very helpful and comforting to express those feelings among other people who have an understanding of grief based on their own experiences.

It is reassuring to know that your feelings are not unusual. As people share their own experience, they learn from one another and give comfort and support to each other.

Each session includes a discussion of challenges common to most people at some point in their grief journey, from the initial shock of loss, the pain of grief, and the adjustment to life without our loved one. Worship, the Biblical promises of comfort, hope, and healing in the Lord, and times of prayer are an important part of each meeting.

Please call or email Sharon Steller or Judy Van Gastel (see reverse side) if you, or someone you know, would like to participate or would like more information about the upcoming sessions.

We look forward to hearing from you.

Pastor Kim Engelmann
Sharon Steller
Judy Van Gastel