

Widowed ?

Separated ?

Divorced ?



Help for the heartache of finding yourself....



Coping with Life Alone

BEGINNING EXPERIENCE SACRAMENTO

A weekly series designed to help you work through the pain of losing your spouse, whether by divorce, separation or death. The program follows a specific topic each week, and consists of presentations given by trained facilitators, followed by a short personal reflection time and small group discussion. All sessions are led by men and women who have been right where you are and invite you on the healing journey to a new beginning.

When: Fridays from 7:00 – 9:00 p.m.

APRIL 29 - JUNE 24, 2011

JULY 8 - SEPTEMBER 9, 2011

OCTOBER 7 - DECEMBER 16, 2011

Place: OUR LADY OF THE ASSUMPTION PARISH
2141 Walnut Ave, Carmichael, CA 95608 (between Cottage & El Camino)
St. John's Room, next to Parish Office, Park in lot on Walnut Ave.

Fee: Registration fee of \$10.00 **AND** weekly meeting fee of \$5 **OR**
\$40 (Registration and all weeks)

For more information call (916) 835-2282 or visit our web site www.sacramentobe.org