



Grief is often experienced with any significant life loss (death of a significant other, one's health, a broken relationship, a cherished possession, death of a pet, loss of significance and meaning, etc.)

The Grief and Loss sessions will include learning, sharing, and growing experiences. Grief recovery is something that can occur over time, with understanding, and through the grief work process. Small Group Event Understanding and Processing Grief and Loss

Six Consecutive Sessions 6:00 pm – 7:00 pm Wednesdays 2/15, 3/1, 3/15, 4/5, 4/19, 5/3 Session One – Feb. 15, 2023 In-person and Online Options

## **Structured for Adults**

Ozark Christian Church 1200 E McCracken Ozark, Missouri 65721

Goal: To help participants understand grief and loss and discover ways of experiencing personal recovery and support.

## Presenter/Facilitator: Rev. Dr. Tommy Goode, DMin

Dr. Goode has served in pastoral ministry and in professional caregiving roles for several decades.

Dr. Goode has presented on personal and workplace grief and led grief recovery groups.

Join in-person or online NO COST **Join Zoom Meeting** https://us02web.zoom.us/j/83989482308 Meeting ID: 839 8948 2308

For information email tommywgoode@gmail.com