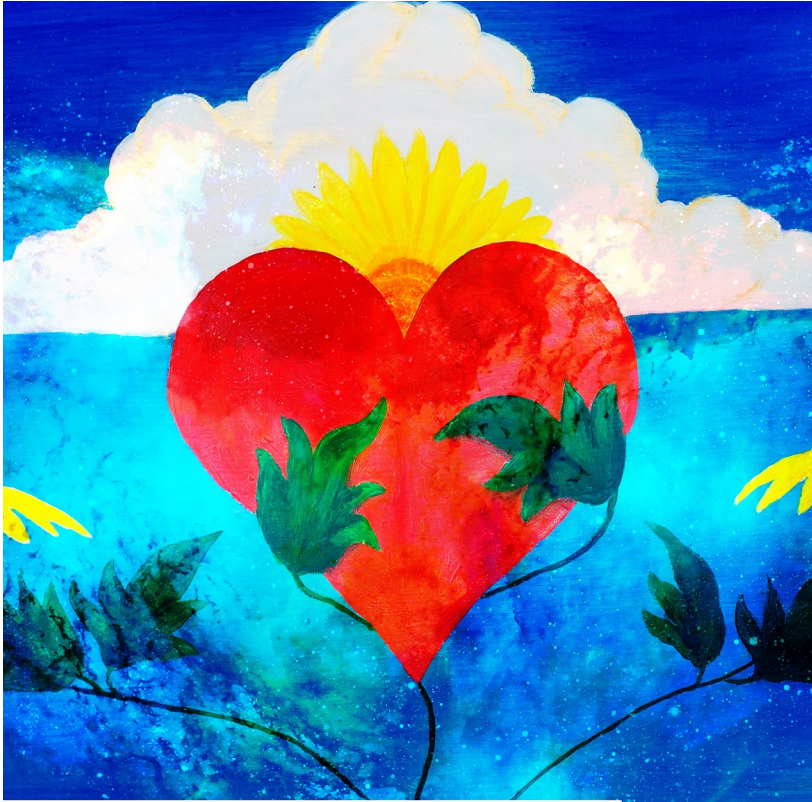


STIFLED GRIEF

Solace for COVID and Lingering Heartache



Saturday, May 13, 2023

(9:00AM TO 4:00PM) Cost: \$40 (includes lunch)

facilitated by

Rhonda Canby and Ginnie Jed

The fluctuating and sometimes very harsh restrictions on face-to-face meetings during the COVID pandemic has changed us all. For those who suffered breakdowns in their own physical or emotional health or who watched loved ones suffer illness and death, all with harsh limits on the physical proximity of those who would have sat with us and held our hands, it may seem like the isolation has lasted a hundred years.

Our hearts were broken; our lives seem to have fallen apart; we have felt profoundly lonely. This widespread COVID Heartache has necessarily been suppressed as we trudge forward, but the weight of it leaves us weary, irritable, angry, lonely, sad, or even clinically depressed.

If you are among the many who have been suffering from the effects of stifled grief during this long era of isolation, we invite you to join us for a day of gentle healing and restoration.

REGISTRATION - STIFLED GRIEF - SATURDAY, MAY 13, 2023 (9:00AM-4:00PM)

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card #
____ Visa ____ Mastercard ____ Amex Exp. Date ____ CID ____

COST: \$40 (includes lunch)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ **530-887-2019**
You may also call with a credit card number or register online at www.mercycenter.org