

ACA Fall (December) Workshop
Grieving Our Losses: The Road to **Transformation**



When: Saturday, December 8, 2018

Where: Church of the Redeemer, 230 Pennswood Road, Bryn Mawr, PA 19010 (Parish House diagonal to church)

Cost: Free (Sponsored by the Sunday Morning New Leaf Meeting, Bryn Mawr Hospital)

Time: 9am-3pm

What to expect?

Bring your own brown bag lunch

Speaker

Art table/room (Shortridge Room)

Complimentary coffee/tea

Break out/share meetings

Topics/Themes of Workshop

Transformed by Grief? How it Works and Why it's Worth It

Are You Sick or Sad? The Relationship Between Repressed Grief and Illness/Addiction

How Do You Grieve? Don't Grieve Alone: How to Build a Supportive Grief Team

Just show up no registration required!

For more information or to offer service please contact: Linda 610-256-0265

"He who grieves well will live well." -John Bradshaw

!

V20!A*88\$8!

-#\$!9*.1!/*!

!!

!
!
!

!

!
! "#\$%&' !() *!+, \$!- ' .!
!

!
/012' 3!!! "#\$%&' (!)!" *+\$\$, -\$.!
!
4562022' 3!! '(/0*12%/3* (!. (1!45\$. &\$0!
!
62566012' 3!! 60\$. &*2!/70*258!
!
• "*" (+\$0\$ (%\$!9** : ;!
! "#\$%&' " () *+, -. "/) &O! < * =!3/
> *0&8!. (1! > #?13/@! > *0/#! /!
• A3B0. 0?;! 1") +2' 3+4/56+ " +4#*0! -# \$!
9\$C. /3* (8#35!6\$/ = \$ \$ (!
9\$50\$88\$1!703\$+!. (1!
'C(\$88, D113%/3* (!
• D88\$: BC?19** : ;!
7' 8+9' +2' 3+. "/) :) O+E* (@!
703\$F\$!Dc* (\$! < * =!/*!623!1. !
4255*0/3F\$!703\$+!- \$. : !

!
66012' 356701283!A2 (%#1660* = (16. H!
!
670125702283!! 60\$. &*2!/70*258!
!
• "*" (+\$0\$ (%\$!9** : ;!!
! "#\$%&' " () *+, -. "/) &O! < * =!3/
> *0&8!. (1! > #?13/@! > *0/#! /!
• A3B0. 0?;!! 1") +2' 3+4/56+ " +4#*0! -# \$!
9\$C. /3* (8#35!6\$/ = \$ \$ (!
9\$50\$88\$1!703\$+!. (1!
'C(\$88, D113%/3* (!
• D88\$: BC?19** : ;!!
7' 8+9' +2' 3+. "/) :) O+E* (@!
703\$F\$!Dc* (\$! < * =!/*!623!1. !
4255*0/3F\$!703\$+!- \$. : !

!
70225102283!! "c*83(HI4* (HI"30%(\$!)!
J\$C* = 8#35!!
"

!
!
!
!"c*83(HI4* (HIA?03%8!
!

K*2!. 0\$!8*!6\$. 2/3+2C!
- *! : \$!
K*2!. 0\$!8*!B\$. 2/3+2C!
- *! : \$!
". (@!/?*2!8\$ \$!
K*2@!\$F\$0?/#3(HI!#*5\$1!+*0!
K*2@!\$F\$0?/#3(HI!(\$ \$1!
K*2!. 0\$!8*!B\$. 2/3+2C!
- *! : \$!
G43(HI/*!/?*20!#3H# \$0!5* = \$0L!/?*20!3(\$0!
%#3C1L!+\$C* =! /0. F\$C\$08!!

!
!
42(1. ?! : *0(3(HIM\$ =!A\$. +ID"D!"c*83(HI!N0. ?\$0!
7*1, 7*11\$88!!
<\$C5! : \$!8\$!/#\$! /02/#!. B*2/! : ?8\$C+!
(*! : . // \$0!#* =!B\$. 2/3+2C!3/!380!
!
D0/!/. BC\$!. F. 3C. BC\$!. C!1. ?!3(!
4#*0/031H\$!0** : !

!
-#38! = *0&8#*5! = . 8!85* (8*0\$1!B?!/#\$!M\$ =!A\$. +!D"D!
H0*25! = #3#%! : \$\$/8!42(1. ?8!. /!PQ. : !160? (!R. =0!
<*853/. Q!PSQ!4*2/#!60? (!R. =0! <*853/. Q!160? (!R. =0!
ND!IPTQPQ!3(!" * (+\$0\$ (%\$!9 : !JU!
!