



## **New Day” Bereavement Program**

Living through grief is not easy and it does not have to be done alone. St. Bridget’s Church, Manchester offers “**New Day**” which is a nine-week program for those who wish to do grief work with others having the same experience. This program provides a sense of community where support is given and received, and one feels at ease knowing that those attending have also had the pain of loss.

“**New Day**” is led by trained facilitators and includes prayer, discussion and journaling. This is a faith-based program and all are welcome.

We are looking forward to holding our next session on Tuesday evenings beginning **April 4, 2017** from 7:00 – 8:30 p.m. in the St. Bridget Parish Office, 80 Main St., Manchester.

For further information or to register for the program, please call Dana at 860-883-9822.