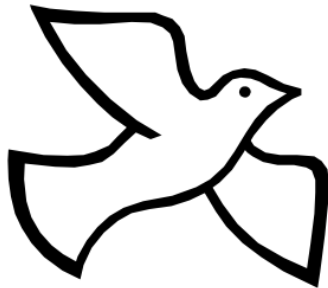


*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”*

Jeremiah 29:11



***Pre-registration required.***

For more information and to pre-register. . .

**Call Merrilee Mitchell – Berkeley  
(510) 482-5296**

**Call Bev Fellows - Lafayette  
(925) 949-7628**

**Call Linda Husted - Pleasanton  
(925) 833-9013**

**Call Merrilee Mitchell – San Leandro  
(510) 482-5296**

or

**Merrilee Harter Mitchell, Coordinator  
(510) 482-5296**

*Widows/Widowers Grief Recovery*  
First Presbyterian Church  
2407 Dana Street  
Berkeley, CA 94704

## 2020 *Widows/Widowers Grief Recovery*



*“Blessed are they who mourn,  
for they shall be comforted.”*

Matthew 5:4

FIRST PRESBYTERIAN CHURCH OF  
BERKELEY

FIRST PRESBYTERIAN CHURCH OF  
SAN LEANDRO

LAFAYETTE-ORINDA PRESBYTERIAN  
CHURCH IN LAFAYETTE

*and*

VALLEY COMMUNITY CHURCH  
IN PLEASANTON

Place  
Stamp  
Here

## *For those who grieve. . .*

### *The Widows/Widowers Grief Recovery Class and Support Group*

- provides a safe place for sharing experiences of loss and grief
- facilitates understanding of the grieving process
- encourages hope and provides support
- enables people to begin and work through the grief process

This group is open to widows and widowers of all ages no matter how far along they are in their grief process. Whether you have recently lost a spouse or your spouse died years ago, all who are interested in working through their grief are welcome.

It is not necessary to be a member of a church to attend.

Please call the contact to pre-register.

## 2020 Dates/Times

Fridays, 1:00 – 3:30 p.m.  
January 17 – March 20, 2020  
FIRST PRESBYTERIAN CHURCH OF SAN  
LEANDRO  
180 Estudillo Ave, San Leandro  
CONTACT: **MERRILEE MITCHELL 510-482-5296**  
merrileehm@sbcglobal.net

Saturdays, 9:30 – 11:30 a.m.  
January 18 – March 21, 2020  
VALLEY COMMUNITY CHURCH  
4455 Del Valle Pkwy, Pleasanton  
CONTACT: **LINDA HUSTED 925-833-9013**  
lihusted@sbcglobal.net

Sundays, 1:00 – 3:30 p.m.  
January 19 – March 22, 2020  
FIRST PRESBYTERIAN CHURCH OF BERKELEY  
2407 Dana Street, Berkeley  
CONTACT: **MERRILEE MITCHELL 510-482-5296**  
merrileehm@sbcglobal.net

Tuesdays, 3 – 5 p.m.  
March 17 – May 19, 2020  
LAFAYETTE-ORINDA PRESBYTERIAN CHURCH  
49 Knox Drive, Lafayette  
CONTACT: **BEV FELLOWS 925-949-7628**  
beverlyfellows@comcast.net

Saturdays, 9:30 – 11:30 a.m.  
July 11 – September 12, 2020  
VALLEY COMMUNITY CHURCH  
4455 Del Valle Pkwy, Pleasanton  
CONTACT: **LINDA HUSTED 925-833-9013**  
lihusted@sbcglobal.net

## *Format*

Materials include ***Grief Recovery: A Workbook for Widows & Widowers*** by Robyn Ledwith Mar.

Over the 10 weeks of the group, topics will include:

- Facing Loss
- Understanding Grief
- When Grief Returns
- Choosing to Recover
- Letting Go of the Past
- Getting Back in Balance
- Building a New Life

There is a \$15 fee for the workbook. The fee will be collected at the first meeting.

