



St. Mary, Mother of the Church
P.O. Box 780 103 Jackson Street
Fishkill, NY 12524

Bereavement Ministry Support Group Programs

“Blessed are those who mourn, for they will be comforted.” – Matthew 5:4

2018 CareNote Meeting Topics

We meet in St. Mary’s Chapel, on Bedford Avenue, Fishkill, NY

Winter Sessions: (7:00 to 8:30 p.m. only)

February 28, 2018 – “Grieving with a Grateful Heart

March 28, 2018 – “What’s Really Normal When You Are Grieving” ..

Spring & Summer Sessions: (At 1:00 to 2:30 and repeated at 7:00 to 8:30 p.m.)

April 19, 2018 – “Giving Yourself Permission to Move Forward After a Loss”

May 10, 2018 – “Finding Ways to Celebrate Special Days After Loss”

June 14, 2018 – “Finding Light in the Darkness of Grief”

July 12, 2018 – “Forgiving a Deceased Love One”

August 9, 2018 – “Using Good Memories to Help Heal Your Grief”

Catherine Cwiakala, LMSW, St. Mary’s Grief Ministry Counselor, will present the monthly Bereavement Meetings using Abbey Press CareNotes with the assistance of Kathy Rigney.

**For further information and/or to register please call
Catherine at St. Mary’s Parish Office at 845-896-6400**