



FOR IMMEDIATE RELEASE

For services information: Lois Rengel
Life Transitions Services (320) 529-0427

PUBLIC SERVICE ANNOUNCEMENTS

Catholic Charities Life Transitions Services, a program of Caritas Family Services, St. Cloud, MN ~
In an effort to “go green” you can now get these PSA’s emailed to you. Please send your email to me to get on the list lrengel@ccstcloud.org Thank you!

November, 2011

EVENTS:

Holiday Grief Event Hope for the Holidays “A Ray of Hope: Facing the Holidays Following a Loss” video and discussion. **Sunday, Nov 13, 1-2:30 PM** at the Pastoral Center, 305 7th Ave N, St. Cloud. See flyer for details.

13th Annual International Survivors of Suicide Teleconference A 90 minute broadcast by the American Foundation for Suicide Prevention with a diverse panel of survivors and mental health professionals. Conference will be televised **Sat. Nov 19, at 12 PM** at the **St. Cloud Hospital Hoppe Auditorium**, 1406 6th Ave N, St. Cloud and at **Melrose St. Mary’s School**, 320 5th Ave SE, Melrose at **1 PM**. Free and no pre-registration required.

BEREAVEMENT SUPPORT GROUPS:

Suicide Loss Support Group. A peer group for those who have experienced the death of a loved one by suicide held **2nd and 4th TUESDAY** of each month from 7-8:30 PM at Catholic Charities Center for Life Transitions 312 2nd Ave N Sauk Rapids. **Next meetings: Nov 8 & 22, 2011.** All faiths welcome. Donation suggested. Confidentiality respected. Questions? Please call before attending for the first time 320-529-0427. Individual support also offered through Life Transitions.

Melrose Suicide Loss Support Group. A peer group for those who have experienced the death of a loved one by suicide held the **3rd TUESDAY** of each month from 8-9:30 PM at the Church of St. Mary Parish Center, 211 S 5th Ave E, Melrose. **Next meeting: Nov 15, 2011.** All faiths welcome. Confidentiality respected. Questions? Call Deacon Steve (320) 256-4207.

Widowed Persons Hope Support Group. A peer group offering a time to share and connect with others who have had a similar experience. Meets the **1st and 3rd TUESDAYS** of each month from 7:00 - 8:30 PM at the Catholic Charities Center for Life Transitions, 312 2nd Ave N, Sauk Rapids. **Next meetings: Nov 1 & 15, 2011.** All faiths welcome. Donation suggested. Confidentiality respected. Questions? Please call 320-529-0427.

Widowed Hope and General Bereavement Support Group. A peer group for widowed men and women OR those who are grieving the loss of other loved ones. Meets the **2nd and 4th WEDNESDAYS** of each month from 3:30 - 5:00 PM at the Catholic Charities Center for Life Transitions, 312 2nd Ave N, Sauk Rapids. **Next meetings: Nov 9 & 23, 2011.** All faiths welcomed. Donation suggested. Confidentiality respected. Questions? Please call 320-529-0427.

ST CLOUD WIDOWED PERSONS SOCIALS for November, 2011:

Breakfast: Saturday, Nov 12, **American Burger**, 2010 Cty Rd 75 E, St. Joseph, 9:30 AM

Lunch: Saturday, Nov 19, **Red Lobster**, 2920 Division St., St. Cloud, 11:30 AM

Dinner: Sunday, Nov 27, **Old Chicago Pizza & Pasta**, 4040 2nd St. S, St. Cloud, 4 PM social, 5 PM dinner

(Program information continued on other side)

MELROSE GRIEF SUPPORT GROUP. A peer group offering a time to share and connect with others who have had the death of a loved one. **Next meeting: Nov 2, 2011 at 7 PM** and will focus on **Coping with the Holidays**. All faiths welcome. No charge. Confidentiality respected. Questions? Please call 320-529-0427

COLD SPRING WIDOWED PERSONS EVENTS

St. Boniface Widowed Support Group and Events. A peer group offering a time to share and connect with others who have had a similar loss.

Support Group: Sun. **Nov 20**, 9:30-10:30 AM, Adult Faith Formation Room, St. Boniface School

Social Event: Thurs. **Nov 10**, 2 PM Card Party at Assumption Court Party Room, followed by supper from Marnantelli's at 4:30 PM.

LITTLE FALLS GRIEF SUPPORT

Caring and Comforting Grief Gathering is an on-going grief support gathering for those who have experienced the death of a loved one. Meets the **1st THURSDAY** of each month for lunch and fellowship. **Next gathering:** Thurs. **Nov 3**, 12:30 PM, at the **Pizza Ranch**, 202 Lemieur St, Little Falls. All faiths welcomed. Please call (320) 529-0427 for more information.

Grief Support Group, an ongoing grief support group, meets the **first WEDNESDAY** of each month at 2 PM at John Paul II Center, behind Our Lady of Lourdes Church on West Broadway. **Next meeting: Nov 2, 2011.** All faiths welcome. No charge. Confidentiality respected. Call (320) 529-0427 with ? s.

SEPARATED/DIVORCED SUPPORT GROUPS/EVENTS

Separated/Divorced Support Group. Offered **EVERY MONDAY** from 7:00 – 8:30 PM at Caritas Family Services, 911 18th St N., St. Cloud. Donation suggested. All faiths are welcome. Confidentiality respected. Please call 320-529-0427 for more information. **Jim Nepl** will be the speaker at this group on **Nov. 14th**

CHILDREN AND YOUTH SUPPORT GROUPS

Life Transitions Services offers grief groups for children and their families who are experiencing loss through life's changes. Confidentiality respected. Located at the Catholic Charities Center for Life Transitions, 312 2nd Ave N, Sauk Rapids, MN. Please call 320-529-0427 for more information.

- **Kids Support.** Separation/Divorce Support Group for parents and children ages 5 to 14 years old. Child care provided for children ages infant to 4 years old. Parent group at same location and time. Offered **EVERY MONDAY** (except major holidays) from 6:45 – 7:45 PM New registration begins at 6:30 PM Donation suggested. All faiths welcome.
- **Hope Support for Kids.** Ages 6 to 16. Short term (6 week) support group for children/teens who have experienced the death of a loved one. **Please call (320) 529-0427 to register.**

CO-PARENTING PROGRAM

One session (8 hour) program for separated/divorced. **Upcoming date: Nov 12, 2011**, 8:30 am – 5:00 pm. Cost is \$75.00 per person. **Pre-registration required.** Call **320-650-1550.** All classes are held at Caritas Family Services, 911 18th St N, St. Cloud, MN.

“Shared joy is double joy; shared sorrow is half-sorrow.” Swedish proverb

THANK YOU FOR POSTING / PRINTING OUR NOTICES



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December, 2011

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Suicide Loss Support Group. A peer group for those who have experienced the death of a loved one by suicide held the **2nd and 4th TUESDAY** of each month from 7-8:30 PM at Catholic Charities Center for Life Transitions 312 2nd Ave N Sauk Rapids. **Next meetings: Dec 13 & 27, 2011.** All faiths welcome. Donation suggested. Confidentiality respected. Questions? Please call before attending the first time 320-529-0427.

Melrose Suicide Loss Support Group. A peer group for those who have experienced the death of a loved one by suicide held the **3rd TUESDAY** of each month from 8-9:30 PM at the Church of St. Mary Parish Center, 211 S 5th Ave E, Melrose. **Next meeting: Dec 20, 2011.** All faiths welcome. Confidentiality respected. Questions? Call Deacon Steve (320) 256-4207.

Widowed Persons Hope Support Group. A peer group offering a time to share and connect with others who have had a similar experience. Meets the **1st and 3rd TUESDAYS** of each month from 7:00 - 8:30 PM at the Catholic Charities Center for Life Transitions, 312 2nd Ave N, Sauk Rapids. **Next meetings: Dec 6 & 20, 2011.** All faiths welcome. Donation suggested. Confidentiality respected. Questions? Please call 320-529-0427.

Widowed Hope and General Bereavement Support Group. A peer group for widowed men and women OR those who are grieving the loss of other loved ones. Meets the **2nd and 4th WEDNESDAYS** of each month from 3:30 - 5:00 PM at the Catholic Charities Center for Life Transitions, 312 2nd Ave N, Sauk Rapids. **Next meetings: Dec 14 & 28, 2011.** All faiths welcomed. Donation suggested. Confidentiality respected. Questions? Please call 320-529-0427.

ST CLOUD WIDOWED PERSONS SOCIALS for December 2011:

Holiday Brunch: Saturday, **December 10, RJ's American Grill**, 4221 Clearwater Rd, St. Cloud, 11:30 AM (Located off County Rd 75, behind McDonald's near St. Augusta)

Holiday Dinner: Sunday, **December 18, Ace Bar and Grill**, 423 St. Germain St. E, St. Cloud, 4 PM social, 5 PM dinner. **Holiday attire is welcome ☺**

MELROSE GRIEF SUPPORT GROUP. A peer group offering a time to share and connect with others who have had the death of a loved one. **Next meeting: Dec 7, 2011 at 7 PM** and will focus on **Coping with the Holidays.** All faiths welcome. No charge. Confidentiality respected. Questions? Please call 320-529-0427

(Program information continued on other side)

COLD SPRING WIDOWED PERSONS EVENTS

St. Boniface Widowed Support Group and Events. A peer group offering a time to share and connect with others who have had a similar loss.

Support Group: No regular support group in December.

Social Activity: Thurs. Dec 8th, 6 PM **Christmas Dinner** at the **Great Blue Heron**.

LITTLE FALLS GRIEF SUPPORT

Caring and Comforting Grief Gathering is an on-going grief support gathering for those who have experienced the death of a loved one. Meets the 1st **THURSDAY** of each month for lunch and fellowship.

Next gathering: Thurs Dec 1, 2011, 12:30 PM, at the **Pizza Ranch**, 202 Lemieur Street, Little Falls. All faiths welcomed. Please call (320) 529-0427 for more information.

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- **Hope Support for Kids.** Ages 6 to 16. Short term (6 week) support group for children/teens who have experienced the death of a loved one. **Please call (320) 529-0427 to register.**

CO-PARENTING PROGRAM

Two session (8 hour) program for separated/divorced. **Upcoming dates: Dec 14 & 21, 2011, 5:00- 9:00 PM.** Cost is \$75.00 per person. **Pre-registration required. Call 320-650-1550.** All classes are held at Caritas Family Services, 911 18th St N, St. Cloud, MN.

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