

# Struggling with grief or loss?



## JOIN OUR GRIEF SUPPORT GROUP

*You're not alone. We're here for you.*

choose

1

or

2

**Monday evenings**  
5:30PM - 7:00PM  
**Starting March 28**  
Meets weekly  
for 8 weeks

**Thursday mornings**  
9:00AM - 10:30AM  
**Starting March 31**  
Meets weekly  
for 8 weeks



Lutheran Family  
Service Office  
2550 Middle Road  
Suite 202  
Bettendorf, IA

**No cost. Spots are limited. Call 563-359-0696  
or email Jamie at [jmcwade@LutheranFamilyService.org](mailto:jmcwade@LutheranFamilyService.org)**



Lutheran  
Family Service

We encourage anyone who has experienced  
a loss in the last 6 - 12 months to join our group.

Facilitator: Jamie McWade, LMHC, is a Christian mental  
health counselor at Lutheran Family Service and has  
previous experience leading grief support groups.

[LutheranFamilyService.org](http://LutheranFamilyService.org) | Follow us on Facebook!