

Saint Margaret of  
Antioch Church,  
115 W Central  
Avenue, Pearl River

The Bereavement  
Support Program  
welcomes all...



For an interactive workshop:

## How do Hope & Grief Co-Exist?

### Hope: The Belief that Healing is Possible

Pope Francis proclaimed the 2025 Jubilee Year theme as "Pilgrims of Hope." During this interactive workshop, we will learn how hope & grief co-exist based on the belief that healing is possible. We will incorporate self-care strategies, learn how to adapt, integrate & make room for grief in our lives as we find purpose in grief as a form of love. These active practices of hope help move us towards healing and into a deeper relationship with Christ during our grief journey as "Pilgrims of Hope."

Join us to explore how!

Thursday, March 27

6:30 PM - 8:00 PM in Toner Hall

115 W. Central Avenue (Church basement)

**Presenter: Gae Savino,**

NYS Licensed Clinical Social Worker & Nationally Certified Death, Dying & Grief Counselor.  
Trained at The Center for Prolonged Grief, Columbia University  
Founder, Mindful Heart Counseling Services; Affiliate, Archdiocese of New York, Parish  
Counseling Network Program in Collaboration with Droste Mental Health Service, NYC.

**Registration in advance required:  
Tracey DeRosa, 845 735-4746 x**