

PRESBYTERIAN COUNSELLING ASSOCIATES

(PCA) Presents

JOURNEY THROUGH GRIEF

Grieving the Death of your Spouse (5 Mar 26 Thu 8-945pm)

This free online group therapy session is limited to maximum 25 persons. Break-out groups of 5 or less will be facilitated by PCA Counsellors.

Register at

<https://bit.ly/PCAJourneythroughGrief>

Other sessions in 2026

Grieving a Miscarriage
(7 May 26 Thu 8-945pm)

Grief of a Caregiver
(6 Aug 26 Thu 8-945pm)

When my Child Grieves
(5 Nov 26 Thu 8-945pm)

JOURNEY THROUGH GRIEVE

By (PCA)

PRESBYTERIAN COUNSELLING ASSOCIATES

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. Memories trigger all kinds of thoughts and reactions. Coping with the loss of someone or something you love is one of life's biggest challenges.

You don't have to suffer alone. Join us as we journey through grief in this series. Come listen and learn, come lament and comfort. Come find strength and consolation in Christ.

For enquiries on the series:

**Email Rev Carrie Chan / Margaret Lee at
counsellors.pca@gmail.com**

Should you have immediate needs,
request counsellor at

<http://bit.ly/PCA-RequestCounsellor>