



The Center for Stress Management

In Partnership with St. Faustina Catholic Church

HEALING HEARTS GROUP

What? A grief support group for those who have experienced the death of a loved one.

When ? **1st and 3rd Mondays of the month**
***Jan 8 & 22, Feb. 5 & 19, Mar 5 & 19**
(In Jan. group will be held on the 2nd and 4th Mon)
10:00AM - 11:30AM

Where? St. Faustina Catholic Church
Room 104
28102 FM 1093, Fulshear, TX 77441

Facilitated by: Kris Kerlin, LPC-S, Licensed Professional Counselor

Questions?????:

Call 713-471-9977 or

Email kris@cfsmkaty.com



The Center for Stress Management is a multi-disciplinary team of independent practitioners, who assist in reducing stress, increasing wellness and helping people live fully. Services in counseling, spiritual direction, chaplaincy, and wellness are offered. We believe that human beings are designed to live fully as serene, happy and free people. Whether you are dealing with the stressors of daily life or major stressors such as illness, loss of a loved one or post-traumatic stress, we can help.

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