



# 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 ?** **1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month**  
**April 3 & 17, May 1 & 15, June 5 & 19, July 3 & 17**  
**10:00 – 11:30am**

**Where?** St. Faustina Catholic Church  
Room 126  
28102 FM 1093, Fulshear, TX 77441

**Facilitated by:** Kris Kerlin, LPC-S, Licensed Professional Counselor  
Ariana Detert, LCSW, Licensed Clinical Social Worker

### Questions:

Call 713-471-9977 or

Email [kris@cfsmkaty.com](mailto: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.

535 E. Fernhurst Drive, Ste. 206, Katy, TX 77450

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