

## Weekly “Reach Out” Meetings

Opening to all newly widowed men and women. Meetings will be held every **Tuesday at 1pm beginning January 25** and run all year. No cost, no commitment – Come when you can...  
Come together to help each other.

Meetings will be held at St. Andrew’s Episcopal Church, 121 High St. Mount Holly, NJ.

For additional information please call the Church office at 609-267-0225, or the following members: Mary Lou Murray at 609-267-6130 or Joe Kaszupski at 856-630-1734

TLA is a mutual support group for widowed men and women and is not a structured grief counseling program. Though churches have graciously provided facilities for TLA meetings, TLA is open to all widowed men and women regardless of age, race, creed or place of residence.

The purpose of TLA Reach Out meetings is to bring the newly widowed together to help them adjust to their new life circumstances, and to learn that they are not alone. Reach Out meetings provide an opportunity for newly widowed people to express feelings to others who know what it’s like to lose a spouse. You can learn from the experiences of other widowed people who have been encountering the same practical, emotional and social challenges that you are.

The meetings are facilitated by TLA members who have been widowed for a number of years and who usually begin meetings with a short inspirational or instructional reading to provide a subject to stimulate discussions.

Because everyone grieves differently, you may want to begin attending our meetings two days or two years after your spouse’s passing. When you are ready, come to one or two meetings to see if it’s for you. You may find that you have more in common with Reach Out people than with your non-widowed friends and you might leave the first meeting that you attended with a feeling of belonging.

Please call one of the names listed if you just want to talk.

Mary Lou Murray – 609-267-6130

Joe Kaszupski – 856-630-1734