



RETREAT CENTER

# Find Healing for Your Heart

Saturday, November 9, 2019  
9:00am to 4:00pm

## How to Deal with Loss in Your Life

Jenny Ocegueda-  
Reynosa, MA



We go through life having different experiences of pain and loss and we sometimes don't know how to deal with those situations. In this one-day retreat, we will look at the different stages of grief and what we can do to take care of ourselves. There will be time for meditation, reflection and sharing. Please bring a picture of someone you have lost. Jenny has facilitated many retreats, presentations and workshops on human formation and spirituality and has been a facilitator since 2006 for Diaconate Formation in the Archdiocese of Los Angeles.

Cost: \$50 Lunch included.

For information or to register call Marlene at 310.377.4867 x234 or email [velazquez@maryjoseph.org](mailto:velazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)  
Please see website or Program Guide for Cancellation Policy.

### MARY & JOSEPH RETREAT CENTER

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RETREAT RESERVATION ~ Please return this form with your payment. Thank you.  
**"How to Deal with Loss in Your Life" Jenny Ocegueda-Reynosa, MA Sat. Nov. 9, 2019**

NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

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EMAIL \_\_\_\_\_

Cost: \$50 Lunch included.