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# Healing a Grieving Heart

A PROGRAM FOR  
BEREAVED ADULTS  
SPRING/SUMMER 2024

I welcome the storm as my  
terrible guest. It thunders through  
my bones, washing shadows from  
my soul and leaves...my heart  
cleansed, my wings new

**MY FEARS AT REST.**

- ALISON ASHER

It is recommended that non-  
vaccinated participants wear a  
mask in the shared space.

Elm & Carlton Streets | Buffalo, New York 14263  
[www.RoswellPark.org](http://www.RoswellPark.org)  
1-800-ROSWELL (1-800-767-9355)

National Cancer Institute-Designated Comprehensive Cancer Center  
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Blue Distinction® Center for Cellular Immunotherapy - CAR-T  
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53020 (11/23)



# Overview

## PROGRAM OVERVIEW

This program is for adults who have experienced the loss of a spouse, parent, or other loved one. The purpose is to offer understanding, suggestions for coping, support, friendship, and most of all hope to adults in an in-person setting. We all will have to face the death of someone we love sometime. Surviving the feelings of sadness and loss is a process that involves both emotional and behavioral reactions. This grieving process takes us through the initial response of shock and sadness, through acceptance and understanding, and eventually to the rebuilding of our lives. Join us for these sessions to gain a better understanding of the grieving process and some ideas about how you may be able to help yourself through this difficult time. We want to assist you on your journey.

Sincerely,  
Rev. Dr. Melody Rutherford,  
Director of Spiritual Care

# Reactions

## COMMON REACTIONS

Throughout the recovery process, people who are grieving may experience many reactions:

- Shock
- Emotional release
- Depression
- Physical symptoms of distress
- Anxiety
- Hostility
- Guilt
- Hesitancy to renew normal activities
- Healing of memories
- Acceptance of one's new role in life

# Feelings

## FEELINGS YOU MAY EXPERIENCE

- Sadness
- Loneliness
- Anger
- Rage
- Fear
- Numbness
- Phobias
- Purposelessness
- Self-Pity

Feelings of loss tend to be very painful, and we may feel like avoiding the intensity of these difficult emotions. It is as if by not experiencing the pain we can somehow avoid the reality that someone we care about has passed away.

# Thoughts

## COMMON THOUGHTS

- "It's not real."
- "I can't handle this."
- "Am I always going to feel like this?"
- "I should have done more."

The reality, however, is that we cannot avoid the pain of grief forever. On the other hand, by expressing our feelings we can begin to move forward and to heal from the loss.

# Goals

## GOALS

The goal of the Grief Educational Program is to identify some of the common struggles we share as we experience the grief journey. The first step to coping with grief is to have people who support you on your journey to healing and inner peace.

# Dates & Topics

## PROGRAM DATES

The program is held in person from 6:30pm - 8pm on the 2nd Tuesday of the month.

In extenuating circumstances, the program may be held virtually, in which case participants who RSVP will be contacted and provided a link to join the virtual group.

Tuesday, March 12, 2024

Tuesday, April 9, 2024

Tuesday, May 14, 2024

Tuesday, June 11, 2024

Tuesday, July 9, 2024

# Location

## LOCATION

**Christ United Methodist Church**  
**350 Saratoga Road**  
Amherst, NY 14226

Free parking available. Enter through center glass doors off the parking lot. Parking lot in the back of the church. Participants will be screened for COVID. Vaccinations, masks, and social distancing are recommended throughout the in-person sessions. Restrictions may change due to any local updates.

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# Registration

## REGISTRATION

To RSVP for **individual sessions**, please call the Spiritual Care Department at 716-845-8051.

To register for the Healing A Grieving Heart Grief Series, please cut on dotted line, complete the following form and return to:

The Spiritual Care Department  
Roswell Park Comprehensive Cancer Center  
Elm & Carlton Streets  
Buffalo, NY 14263

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_

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