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QUALITY OF LIFE PROGRAM
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Healing a Grieving *Heart*

A VIRTUAL PROGRAM
FOR BEREAVED ADULTS

GRIEVING MAY BE
the hardest work you have
ever done. And hard work
is less burdensome when
others lend a hand.

— DR. ALAN WOLFELT

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A National Cancer Institute-Designated Comprehensive Cancer Center
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Overview

PROGRAM OVERVIEW

This virtual program is for adults who have experienced the loss of a spouse, parent, or other loved one. The purpose is to offer understanding, suggestion for coping, support, friendship, and most of all hope to adults in a virtual 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.

Tune into these online sessions from the comfort of your home to help yourself understand the grieving process and give yourself some ideas about how you may be able to help yourself through this difficult time.

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

HEALING A GRIEVING HEART

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 AND TOPICS

The program will be held on Tuesday evenings at 6:30-8pm

SEPTEMBER 8, 2020

Why We Need to Understand Grief and Embrace It.

Beth Lenegan PhD
Director Spiritual Care,
Roswell Park Comprehensive Cancer Center

OCTOBER 13, 2020

Cleaning Out the Closet - When, Why, How

Beth Lenegan PhD

NOVEMBER 17, 2020

Special Days; Special Occasions

When These days are Not So Happy.
Beth Lenegan PhD

FEBRUARY 9, 2021

Working Through Prolonged Grief/Complicated Grief

Michelle Marabella, LMHC

MARCH 9, 2021

Spirituality, God and Grief Answered & Unanswered Prayers

Jeffrey Sturmer
Chaplain, Hospice Buffalo

APRIL 13, 2021

The Continuing Journey of Grief - Where You Began, Where You are Now, Where You are Going

Beth Lenegan PhD

REGISTRATION

VISIT: RoswellPark.org/SpiritualCareEvents

to register for each support group session.

Attendees can participate via laptop, desktop computer, tablet, smart phone or any device that has video chatting capabilities. Once you register with your name, address and email address, a link to the virtual session will be sent to your email. If you do not see the email with the link, make sure to check your spam folder. Please call 1-800-ROSWELL (1-800-767-9355) for help with registration.

FOR INFORMATION CONTACT:

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