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The Department of Spiritual Care

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The Alliance Foundation



When People Grieve Series

**A PROGRAM FOR
BEREAVED ADULTS**

SPRING / SUMMER 2022

Grief comes in unexpected surges...mysterious cues that set off a reminder of grief. It comes crashing like a wave, sweeping me in its crest, twisting me inside out...**THEN RECEDES.**

- TONY TALBOT

Participants will be screened for Covid. Vaccinations, masks, and social distancing are required throughout the in-person, evening sessions.

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

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QUALITY OF LIFE PROGRAM
FUNDED BY DONATIONS

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

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 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.

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

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.

PROGRAM DATES AND TOPICS

The program is held in person from 6:30pm - 8pm on the following

Thursday evenings:

April 7, 2022

The Pattern of Grief

May 12, 2022

Embracing the Storm

June 9, 2022

Living with the Ongoing Questions of Why(?)

July 14, 2022

Practical Ideas for Enduring Grief

Aug. 11, 2022

The Power of Sharing Your Story After a Loss

LOCATION

**Cheektowaga Baptist Church
670 Dick Road, Cheektowaga, NY 14225**

in the Lower Level Conference Room

Free parking available. Enter through double-glass doors off the parking lot. The meeting room is in the lower level.

Participants will be screened for Covid. Vaccinations, masks, and social distancing are required throughout the in-person sessions.

← CUT HERE

Registration

REGISTRATION

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

REGISTRATION
To register for the 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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