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The Department of Spiritual Care

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# Young, Grieving Spouse Group

(20-55 year age group)

**SPRING / SUMMER 2022**

“The love that we have known with our husband or wife here on earth will never die. It is eternal. Death has not taken it away; it has only separated us in body, **BUT NOT IN HEART.**”

- JULIE YARBROUGH

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](http://www.RoswellPark.org)**  
**1-800-ROSWELL (1-800-767-9355)**

National Cancer Institute-Designated Comprehensive Cancer Center  
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51019 (3/22)





# Overview

## PROGRAM OVERVIEW

This program is for grieving individuals between the ages of 20-55 years old who have recently suffered the loss of a spouse. The purpose is to offer understanding, suggestions for coping, support, friendship, and most of all hope during this most difficult time.

Losing your wife or husband can be overwhelming. It seems that just yesterday you were married; yet now you find yourself alone and grieving. With the death of your spouse, comes heart wrenching emotions, personal changes, and worries about the future.

The 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 in a supportive atmosphere.

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 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

## 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 is held in person from 6:30pm - 8pm on the following Thursday evenings:

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

April 21, 2022	Facing Your Loss
May 26, 2022	Expressions of the Heart
June 16, 2022	Supportive Measures
July 21, 2022	Treasuring the Love Story
Aug. 18, 2022	Understanding Complicated Grief

# Location

## LOCATION

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

Free parking available. Please enter through the "Office Entrance" door closest to the parking lot.

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

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# 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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