Participants will be screened for Covid. Restrictions may change to any local mandates updates.

Vaccinations, masks, and social distancing are recommended throughout the in-person, evening sessions.

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

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ROSWELL PARK ALLIANCE FOUNDATION

Elm & Carlton Streets | Buffalo, New York 14263
www.RoswellPark.org
1-800-ROSWELL (1-800-767-9355)
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
The program is held in person from 6:30pm - 8pm on 3rd 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.

FEELINGS YOU MAY EXPERIENCE
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.

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
• Resistance to renew normal activities
• Healing of memories
• Acceptance of one’s new role in life

LOCATION
Christ United Methodist Church
350 Saratoga Road
Amherst, NY 14226
Free parking available. Please enter through center glass doors. 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 mandate updates.

To register for the Young, Grieving Spouse Group 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: ________________________________