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The Department of Spiritual Care

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The Alliance Foundation



WHEN PEOPLE GRIEVE

virtual only program

THIS VIRTUAL PROGRAM WILL BE HELD
THE 1ST TUESDAY OF THE MONTH

Spring / Summer 2024

Grief is like the ocean; it comes
on waves, ebbing and flowing.
Sometimes the water is calm, and
sometimes it is overwhelming. All
we can do is learn to swim.

— Vicki Harrison

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

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

National Cancer Institute-Designated Comprehensive Cancer Center
National Comprehensive Cancer Network Member
Blue Distinction® Center for Cellular Immunotherapy - CAR-T
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53021 (11/23)

VIRTUAL GRIEF SUPPORT GROUP



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 virtually from 6:30pm - 8pm on the 1st Tuesday of the month.

Tuesday, March 5, 2024

Tuesday, April 2, 2024

Tuesday, May 7, 2024

Tuesday, June 4, 2024

Tuesday, July 2, 2024

Location

LOCATION

Virtual Only

Please call **Roswell Park Comprehensive Cancer Center Spiritual Care Department** to RSVP at **716-845-8051**. The meeting link will be provided after you share your email address.

← CUT HERE

Registration

REGISTRATION

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

To register for the When People Grieve 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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