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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The Department of Spiritual Care
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The Alliance Foundation

SPRING/SUMMER SERIES 2024
Young, Grieving Spouse Group
(20-55 year age group)

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

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 are alone and grappling with the realization that your partner is gone. As you come to terms with this most difficult reality, you may experience many feelings: sadness, shock, anger, guilt, numbness, loneliness, and anxiety. 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 to cope. We want you on your journey in a supportive atmosphere.

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

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.

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.

REGISTRATION
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 14203

Name: ____________________________________________
Address: ____________________________________________
Phone Number: ______________________________________
Email Address: ______________________________________

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