



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

Young, Grieving Spouse Group

FALL / WINTER SERIES 2024

SPONSORED BY
The Department of Spiritual Care

MADE POSSIBLE BY DONATIONS FROM
The Alliance Foundation



QUALITY OF LIFE PROGRAM
FUNDED BY DONATIONS

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)

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SPIRITUAL CARE

Overview

PROGRAM OVERVIEW

This program is for grieving individuals between the ages of 20-55 years old (and ALL who would benefit and are young at heart) 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

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 & Times

PROGRAM DATES

The program is held in person from 6:30pm - 8pm on the 3rd Wednesday of the month and will be facilitated by the Grief Counselor and Special Guest Presenters.

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.

Wednesday, September 18, 2024:
"Redefining Myself"

Wednesday, October 16, 2024:
"Alone, Yet Not Lonely"

Wednesday, November 20, 2024:
"Holiday Cheer & Chatter and The Empty Chair"

Wednesday, December 18, 2024:
"Tea & Crumpets (Activities Night)"

Wednesday, January 15, 2025:
"Surviving The Dark Night Of The Soul"

Wednesday, February 19, 2025:
"Cleaning Out The Closets"

Location

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. Restrictions may change due to any local mandate updates.

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Registration

REGISTRATION

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

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: _____

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