

I welcome the storm as my
terrible guest. It thunders through
my bones, washing shadows from
my soul and leaves...my heart
cleansed, my wings new
MY FEARS AT REST.

- ALISON ASHER

Healing a Grieving *Heart*

**A PROGRAM FOR
BEREAVED ADULTS
FALL / WINTER 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)

National Cancer Institute-Designated Comprehensive Cancer Center
National Comprehensive Cancer Network Member
Blue Distinction® Center for Cellular Immunotherapy - CAR-T
Blue Distinction® Center for Cancer Care | Blue Distinction® Center for Transplants



**SPIRITUAL
CARE**

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.

Dates & Topics

PROGRAM DATES

The program is held in person from 6:30pm - 8pm on the 2nd Wednesday of the month and is 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 11, 2024:
"Feeling, Naming, and Expressing"

Wednesday, October 9, 2024:
"The Griever's Box"

Wednesday, November 13, 2024:
"Surviving The Holidays"

Wednesday, December 11, 2024:
"Tea & Crumpets (Activities Night)"

Wednesday, January 8, 2025:
"Support From the Seasoned Griever"

Wednesday, February 12, 2025:
"Mending the Broken Pieces"

Location

LOCATION

Christ United Methodist Church
350 Saratoga Road
Amherst, NY 14226

Free parking available. Enter through center glass doors off the parking lot. Parking lot in the back of the church. Participants will be screened for COVID. Restrictions may change due to any local updates.

CUT HERE

Registration

REGISTRATION

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

To register for the Healing A Grieving Heart 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: _____

CUT HERE