

# Healing a *Grieving Heart*



*An Educational Program  
for Bereaved Adults  
6:30pm to 8:00pm*

This program was  
made possible by the  
Roswell Park Gift Shop

*"It isn't  
for the  
moment  
you are stuck  
that you  
need courage,  
but for the  
long uphill  
battle to faith,  
sanity, and  
serenity."*

*- Ann Morrow Lindberg*



ELM & CARLTON STS  
BUFFALO, NY 14263

**1-877-ASK-RPCI**  
**(1-877-275-7724)**

[www.roswellpark.org](http://www.roswellpark.org)



Pastoral Care Department

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## Grief Educational Programs

We all have to face the death of someone we love. Surviving the feelings of sadness and loss is a process that involves emotional, psychological and spiritual responses. This grieving process takes us through the initial reactions of shock and denial to a variety of emotions such as sadness, anger and guilt, through reconciliation and understanding and eventually to the rebuilding of our lives. The reality of grief is that we cannot avoid the pain of grief. As we can begin to express our feelings, we can begin to move forward and heal from the loss.

The Pastoral Care Department at Roswell Park Cancer Institute is offering a grief education program for adults who have experienced the loss of a spouse, partner, sibling, parent or other loved one.

The Grief Education Film Sessions will identify some of the common struggles we share as we experience the grief journey. Contemporary film clips will be used for discussion of each topic.

Experiencing loss is a part of life, but with help you can build the resilience you need to move forward.

## Grief Education Film Series

**Speaker: Elena Delgado**  
**Executive Director, Water=Life**

- **September 9, 2014**  
*What is This Thing Called Grief?*  
*Will I Get Through It?*
- **October 14, 2014**  
*The Emotional Roller Coaster Ride of Grief, Anger, Regret, Guilt, Sadness, Confusion, Joy*
- **December 9, 2014**  
*One Size Does Not Fit All*  
*Differing Ways That People Grieve*
- **February 10, 2015**  
*Where is God in My Grief?*  
*Does God Hear My Prayers?*
- **March 10, 2015**  
*Cleaning Out the Closet*  
*When the Reality of the Loss Hits You*
- **April 14, 2015**  
*After the First Year of Grief*  
*Being Ready for Challenges and Growth*

## Location

**Westminster Presbyterian Church**

Oak Room  
724 Delaware Avenue  
Buffalo, NY 14209  
716 884-9437

Parking is available in the rear of the Church. Enter the parking lot off Delaware Avenue. Please use the back entrance to the church to the Oak Room.

## For Information Contact:

Roswell Park Cancer Institute  
The Office of Pastoral Care  
716 845-8051.

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