

*Those we love
remain with us
For love itself lives on.
Cherished memories
never fade
Because one loved is gone.
Those we love can
never be
More than a thought apart.
For as long as there
is a memory
They live on in our heart.*



Cultivating Hope *in the* Midst of Loss & Grief



Finding Our New Normal *An Educational Program for Bereaved Adults*

Sponsored by Pastoral Care Department
Roswell Park Cancer Institute
&
Ray of Hope, Inc.

Word of Life Ministries
941 Hyde Park Blvd.
Niagara Falls, NY 14305

This program was made possible
by the Roswell Park Gift Shop



Ray of Hope, Inc.



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Our New Normal

Description:

No two losses are the same, but grieving is something we will all do over a loved one. One thing that we all have in common is the fact that we all suffered a loss. Regardless of how we lost our loved one, there is a pain that will be with us forever. We may not want to accept our new normal, but the reality is this is it. The last stage to the 5 stages of grief is acceptance, accepting the death of a loved one and accepting our new normal.

Going through the 5 stages of grief is hard. For some, it may take a lifetime; for others, it may take years to go through the stages. Believe it or not, life does continue on whether you want to accept it or not. Losing a loved one is hard, painful and unbelievable, but eventually the days will get better. You may be unable to see it right now, but you will learn how to start living life again in your new normal. Tanisha D. Mackin knows all too well about loss. Through personal experiences and training she can encourage your life after loss.

Objective:

- To explore the 5 stages of Grief.
- Discuss our "new normal" life.
- To provide learning material to use in your everyday life to help you cope with grief.

Speaker

Tanisha D. Mackin is the Chief Inspiration Officer of the Mackin Project, a 501(c)(3) non-profit organization that provides bereavement coaching, encouragement, and burial assistance to families that have lost loved ones to violence. Having personally experienced tragic loss when her husband was slain in 2010, and the lack of resources that were available to address her particular pain, Tanisha became a certified Bereavement Coach.



She is the author of a series of self-help and motivational books, including the breakout Words from A Widow workbook which focuses on the five stages of grief, to help other survivors of loss.

This July, Tanisha and her 11 year old son Danyell will embark on a 4 city book tour to promote Tanisha 5th book, My Testimony and Danyell's 1st book, Fatherless Son. This colon cancer survivor was born and raised in Buffalo, NY but now resides in Georgia with her two beautiful children Danyell and Destinee.

"The pain of losing a loved one will never go away. You just learn to live through the pain"

–Tanisha D. Mackin

Date: Thursday Sept. 24, 2015

Time: 7:00 pm

Location:

Word of Life Ministries
1941 Hyde Park Blvd.
Niagara Falls, NY 14305

Directions to Word of Life Ministries

From Buffalo

Take I-190 North to Niagara Falls
At exit 23, take ramp right for Packard Rd./Porter Rd.
Turn left onto RT-182/Porter Rd.
Keep Straight
Word of Life Ministries is on the left side of Porter Rd.

From Lockport

Take RT 31-/Saunders Settlement Rd
Turn left onto RT-61 Hyde Park Blvd.
Keep Straight
Word of Life Ministries is located at the intersection of Hyde Park Blvd. & Porter Rd.

Registration is appreciated

For information and registration,
Contact: the Pastoral Care Office at
Roswell Park Cancer Institute
716-845-8051.

All are Welcome!
