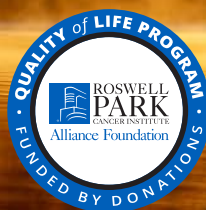


*It isn't for  
the moment  
you are  
stuck that you  
need courage,  
but for the long  
uphill battle  
to faith,  
sanity,  
and serenity."*

— ANN MORROW LINDBERG

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# Healing a Grieving Heart

An  
Educational  
Program  
for  
Bereaved  
Adults

Elm & Carlton Streets | Buffalo, New York 14263  
[www.RoswellPark.org](http://www.RoswellPark.org)  
1-877-ASK-RPCI (1-877-275-7724)

A National Cancer Institute-Designated Comprehensive Cancer Center  
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## 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 bereaved adults.

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.

These sessions will hopefully help you understand the grieving process and give you some ideas about how you may be able to help yourself through this difficult time.

## 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 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.

## 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

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 AND TOPICS

The program will be held Tuesdays, 6:30-8:00pm on:

**SEPTEMBER 20, 2016**

**Understanding Your Grief: Is This Normal?**

**OCTOBER 18, 2016**

**Challenges of Grief:  
Why Does Grief Take So Long?**

**NOVEMBER 15, 2016**

**Holidays and Special Days: How to Cope**

**JANUARY 17, 2017**

**The Journey of Grief:  
The Rollercoaster of Emotions**

**FEBRUARY 21, 2017**

**Grief, Family, Friends:  
Relationship Challenges**

**MARCH 21, 2017**

**Why? Seeking Answers from God and Faith**

**APRIL 4, 2017**

**The Three Cs of Grief:  
Choice, Communicate and Compromise**

## FACILITATORS

**Beth Lenegan, Ph.D.  
Director, Pastoral Care**

**Rev. Melody Rutherford M.Div.  
Chaplain**

## LOCATION

**Infant of Prague Church  
921 Cleveland Drive  
Cheektowaga, NY 14225  
(716) 634-3660**

**For information and registration:  
The Office of Pastoral Care  
(716) 845-8051**

*Healing a Grieving Heart*