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# Healing a Grieving Heart

An Educational  
Program for  
Bereaved Adults

**GRIEVING MAY BE**  
the hardest work you have  
ever done. And hard work  
is less burdensome when  
others lend a hand.

— DR. ALAN WOLFELT

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[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**  
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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

# HEALING A GRIEVING HEART

## 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 & TOPICS

The program will be held on Tuesday evenings at 6:30-8pm

SEPTEMBER 18, 2018

### The Nature of Grief

Beth Lenegan PhD  
Director Pastoral Care,  
Roswell Park Comprehensive Cancer Center

OCTOBER 16, 2018

### Exploring the Emotions of Grief

Jeffrey Sturmer  
Chaplain, Hospice Buffalo

NOVEMBER 13, 2018

### Special Days; Special Occasions

When to Keep Traditions?  
When to Let Go?  
Beth Lenegan PhD

JANUARY 15, 2019

### Spirituality, God and Grief

Rev. Ray Corbin  
Pastor, Infant of Prague Church  
Chaplain, Roswell Park Comprehensive  
Cancer Center

FEBRUARY 19, 2019

### Coping with the Stress of Change

Michelle Marabella, LMHC

MARCH 19, 2019

### Remembering Your Love One Through Stories

Alicia J. Larson MA  
Life Recorded Coordinator  
Roswell Park Comprehensive  
Cancer Center

APRIL 9, 2019

### Afterwards.... Helping Yourself Heal

Beth Lenegan PhD

## LOCATION

Infant of Prague Church  
School Basement (Enter from Foissett Ave.)  
921 Cleveland Drive | Cheektowaga, NY 14225  
(716) 634-3660

## FOR INFORMATION AND REGISTRATION:

The Office of Pastoral Care  
(716) 845-8051