

*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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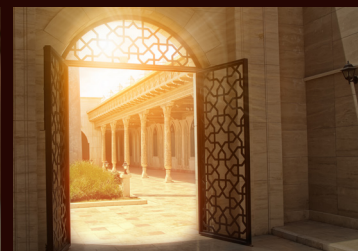


Healing a Grieving Heart

An
Educational
Program
for
Bereaved
Adults

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

A National Cancer Institute-Designated Comprehensive Cancer Center
A National Comprehensive Cancer Network Member
A Blue Distinction Center for Complex and Rare Cancers®
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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 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.

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

Healing a Grieving Heart

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.

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.

Dates & Topics

PROGRAM DATES AND TOPICS

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

SEPTEMBER 19, 2017

**The First Year of Grief
Taking the Time You Need to Grieve**
Beth Lenegan PhD

OCTOBER 17, 2017

**The Emotions of Grief
What Can You Do?**
Jean Hynd LCSW-R

NOVEMBER 14, 2017

**When the Holidays are Not So Happy
When to Keep Traditions?
When to Let Go?**
Beth Lenegan PhD

JANUARY 16, 2018

Toolbox for Soothing the Heart*
• Healing Touch
• Tai Chi
• Laughter

FEBRUARY 20, 2018

**Working Through Prolonged Grief/
Complicated Grief
When Things Do Not Seem to get Better**
Michelle Marabella LMHC

MARCH 20, 2018

**Spirituality, God and Grief
Unanswered and Answered Prayers**
Rev. Ray Corbin

APRIL 17, 2018

**The Continuing Journey of Grief
Where you began? Where you are?
Where are you going?**
Beth Lenegan PhD

Location

LOCATION

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

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