

GRIEF SUPPORT GROUP

When we lose a loved one by death, we are wounded. Just as a wound does, we need to heal from within, to express our thoughts and feelings, even when they seem crazy. We need to recognize that “crazy is normal.”

Knowing this will not lessen your grief, but it may help your healing to begin. A support group is a safe haven where we can talk, cry, share our anger, guilt, and fears with those who understand and care.

Grief, like a wound, takes time to heal. A support group is to the grieving like a healing salve is to a wound; it soothes and comforts us while we heal.

We are here to offer information, to listen, to share feelings, and to support one another.

SOME TOPICS



*Helping Yourself Through Grief:
Recognizing Your Loss*

*Understanding the Stages
of Grief*

*Surviving Stress
and Loneliness*

Coping Styles in Grieving

*Spiritual Elements of Grief:
Praying Our Goodbyes*

*Value of Memories & Facing
Special Times in Our Lives*

There is no “right” way or time-line for healing. We are each uniquely created by God, and we each cope with our loss and find healing in our own unique ways and times.

GRIEF SUPPORT GROUP MEETS

Nativity of Our Lord
Parish Conference Center
(Located behind the church)
605 West Street Road
Warminster, PA 18974

Tuesdays~6:30 P.M.–8:00 P.M.

March 29
April 12
April 26
May 10
May 24
June 7

*The group is ecumenical and
open to all adults who are
mourning the loss of loved ones.*

For more information contact:
Dot Cassidy
(215-672-8230)
Nativity Parish Center
(215-675-1925)



**“A butterfly lights beside us
like a sunbeam.
And for a brief moment
its glory and beauty
belong to our world.
But then it flies on again,
and though we wish
it could have stayed,
we feel so lucky
to have seen it.”**



**The Lord
is close
to the
broken-
hearted.**

**-Psalm
34:19**

**Nativity
of
Our
Lord
Parish**

**GRIEF
SUPPORT
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