

## **Goals**

- To share our stories;
- To better understand and explore the grief process through sharing and mutual support;
- To learn ways of coping with and processing the emotions of the grieving heart;
- To learn how to take care of ourselves on our journey;
- To accept the loss and explore ways to move on and grow in our lives;
- To learn how to reach out to others and accept the help of others as they reach out to us;
- To affirm our spiritual connection as a source of comfort.

## **Confidentiality**

Two very important guidelines which are stressed throughout are:

- Every person is free to express his/her own feelings, which are neither “good” nor “bad.” No one is the judge of another.
- All sharing is confidential. It is only in this atmosphere that we can trust and our friendships grow while we experience healing.

## **Our Focus: Death of a Loved One**

There are many types of loss. The death of a loved one, due to any cause, and your life following that loss is our focus. Your loss may have occurred a week ago or ten years ago, but it can still be valuable to process it if it has not yet healed.

## **Topics**

### **1/23 Session One**

*Stages of Grief:* Learning about grief, the definition, societal response, the stages and causes.

### **1/30 Session Two**

*Telling our Stories*

### **2/6 Session Three**

*Self-Care:* Learning how to take care of ourselves, reduce stress, and cope with loss.

### **2/13 Session Four**

*Changes & Choices:* Learning to accept and cope with the changes that come with loss while learning to make choices that lead toward healing.

### **2/20 Session Five**

*Spiritual Journey:* Re-examining our faith and relationship with God.

### **2/27 Session Six**

*Milestones:* Creating cherished memories and coping with the holydays/holidays.

### **3/6 Session Seven**

*What Do I Do With All of This?*

### **3/13 Session Eight**

*Closure:* Candlelight Service  
Fellowship and dessert

**(3/20 Makeup Date if needed)**

## **Registration- Winter/Early Spring 2018**

**Mail:** Church of the Little Flower  
Bereavement Support Group  
110 Roosevelt Avenue  
Berkeley Heights, NJ 07922

**Phone Mariana Terrezza:** 908/665-9056

**Visit our website:** [www.lfbhni.org](http://www.lfbhni.org)

**Email:** [bereavement.lf@gmail.com](mailto:bereavement.lf@gmail.com)

*Free of charge*

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Describe your loss:

When did your loss occur?

Are there any specific concerns you would like to have addressed during the program?

How did you learn about this program?

## **Mission Statement of the Little Flower Bereavement Ministry**

*To serve the parish and support individuals and families who grieve the death of a loved one in and through a ministry of prayer, presence, and education.*

### Upcoming Bereavement Events 2018

Loss of a Child Prayer Service  
Sunday, June 3<sup>rd</sup> 2pm  
Little Church of the Little Flower  
310 Plainfield Avenue  
Berkeley Heights, NJ

Fall Bereavement Support Group  
8 Mondays September-November  
Dates TBD from 7-8:30pm  
*Please contact us at [bereavement.lf@gmail.com](mailto:bereavement.lf@gmail.com) to be placed on our distribution list when dates have been finalized and registration brochure becomes available.*



## **Healing the Grieving Heart:**

**The Journey After the Death of a Loved One**

**Winter/Early Spring Jan-March 2018  
BEREAVEMENT SUPPORT GROUP**

*All denominations welcome to join us Tuesdays*

January 23<sup>rd</sup> through March 20, 2018

1:00 PM – 2:30 PM *FREE of CHARGE*

*(Snow Date March 27, 2018 if needed)*

REGISTRATION REQUIRED

**Roman Catholic Church of the Little Flower**

110 Roosevelt Avenue, Berkeley Heights, NJ  
School Building, Room 1H

**For more information and to register contact:**

Mariana Terrezza: 908-665-9056

**Professional Licensed Facilitator:**

Jeanne Marie Mirabella, MA, LPC, NCC  
908/247-5477

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