



FINDING HAPPINESS AFTER LOSS

What: Immaculate Conception Bereavement Group

When: The week of April 26th. Weekdays the weekday afternoons (Monday or Thursday at 2:30) or evening (Monday or Thursday at 7:00) will be selected by the responders by majority vote. We will meet for seven consecutive weeks for an hour and a half. There will be an hour allotted for the meeting time and the remainder of the time will be left for socializing and coffee/ tea/ soda and desert.

Where: The first meeting will be held in the Upper room in the Parish Center

Who: Any individual who is in need of support due to the death of a loved one. Services provided under the auspices of the Health Ministry by Ginger Corte (R.N.), and/or Kathy Bendixen (Boston College Student at the School of Theology and Ministry obtaining degree in Pastoral Care and Counseling)

Why join a bereavement group?

Some people are able to cope with the grief of a significant loss with the help of family and friends. Others may gain comfort from their faith community. Many people benefit from additional supports, such as the group provided by Immaculate Conception and being able to share with others that have experienced a recent loss also.

Please contact Kathy Bendixen @508-230-2230 or

kathleen.bendixen@verizon.net) If I am not at home, please leave a message stating that you are interested in the bereavement group.

Leave your name and a phone number where I can contact you. I will respond ASAP

**Loss is a part of life,
And grief is a part of loss.
Grief is a normal response to loss.
Group support can help lessen the pain.
It can guide individuals through
The grieving process in a healthy
and supportive way.
Grief is painful at every stage in life.
No one needs to face it alone.**

We will be using The New Day Journal (A Journey from grief to healing) for people coping with the loss of a loved one by Sister Mauryeen O'Brien. The cost of the book is \$12.00 and will be due our first meeting.

As I stated before we will decide a time and day according to a majority vote Please note we will only meet if we have eight or more people.