

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

9/24 Session 1 (Little Church Sacristy)

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

Telling our Stories

10/1 Session 2 (Little Church Sacristy)

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

10/9 NO CLASS Columbus Day

10/15 Session 3 (NEW Parish Center Youth Room)

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

10/22 Session 4 (NEW Parish Center Youth Room)

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

10/29 Session 5 (NEW Parish Center Youth Room)

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

Friday, 11/2 MASS OF REMEMBRANCE

7PM Little Flower Little Church - RSVP Required

11/5 Session 6 (NEW Parish Center Youth Room)

What Do I Do With All of This?

11/12 Session 7 (New Parish Center Youth Room)

Closure: Candlelight Service

Fellowship and light refreshments

Registration Fall 2018 – FREE of charge

Mail: Church of the Little Flower

Bereavement Support Group

110 Roosevelt Avenue

Berkeley Heights, NJ 07922

Attn: Mariana Terrezza/Maria Politano

Phone Mariana: 908/665-9056

Email: bereavement.lf@gmail.com

Visit our website: www.lfbhnj.org

Name _____

Address _____

Phone _____

E-mail _____

Describe your loss and name of deceased loved one:

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, education and empowerment.

Upcoming Events for 2018-2019

Grief Management for Men: Coping with the Death of a Loved One

Saturday, October 20, 2018 9-11am

New Parish Center Multipurpose Room

A one day gathering for men who grieve the loss of a loved one. Continental Breakfast served.

All Souls Day Mass of Remembrance

Friday, November 2, 2018 7pm

RSVP Required

Blue Christmas Prayer Service

Saturday, December 15, 2018 11:30am

All are welcome to join us as we come together to pray for renewed strength and experience the presence of the Lord though we may not feel "merry" or "joyful."

Loss of a Child Prayer Service

Sunday, May 19, 2019 2pm

For those who grieve the loss of a child for any reason before or after birth at any age including failed adoption.



Healing the Grieving Heart:

The Journey after the Death of a Loved One

Fall 2018

BEREAVEMENT SUPPORT GROUP

All denominations welcome to join us Mondays

September 24th through November 12, 2018

7:00 PM – 8:30 PM *Free of Charge*

REGISTRATION REQUIRED

Roman Catholic Church of the Little Flower

310 Plainfield Avenue, Berkeley Heights, NJ

NEW Parish Center (next to the Little Church)

290 Plainfield Avenue, Berkeley Heights, NJ

Mass of Remembrance/Prayer Service Location:

Little Flower Little Church

310 Plainfield Avenue

For more information or to register contact:

Mariana Terrezza: 908/665-9056

Professional Licensed Facilitator:

Liz Migneco, LCSW, LMFT

908/873-1979

lmigneco@sainthelen.org