

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.

What We Will Do

2/7 Session One

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

2/14 Session Two

Telling our Stories

2/21 Session Three

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

2/28 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.

3/7 Session Five

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

3/14 Session Six

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

3/21 Session Seven

What Do I Do With All of This?

3/28 Session Eight

Closure: Candlelight Service
Fellowship and dessert

(4/7 Make up Snow Date if needed)

Registration- Early Spring 2017

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

Email: 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 2017

Loss of a Child Prayer Service
Sunday, May 21st 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 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

Early Spring 2017

BEREAVEMENT SUPPORT GROUP

All denominations welcome to join us Tuesdays

February 7th through March 28, 2017

1:00 PM – 2:30 PM *FREE of CHARGE*

(Snow Date April 4, 2017 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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