

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

9/25 Session One

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

10/2 Session Two

Telling our Stories

10/9 Session Three

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

10/16 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.

10/23 Session Five

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

10/30 Session Six

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

Thursday, 11/2 MASS OF REMEMBRANCE

7PM Little Flower Little Church - RSVP Required

****NOTE DAY CHANGE Sunday, 11/5 Session Seven**

What Do I Do With All of This?

11/13 Session Eight

Closure: Candlelight Service
Fellowship and dessert

(11/20 Makeup Date if needed)

Registration Fall 2017 – 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 the Rectory: 908/464-1585

Email: bereavement.lf@gmail.com

Visit our website: www.lfbhjn.org

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, education and empowerment.

Upcoming Events for 2017-2018

All Souls Day Mass of Remembrance

Thursday, November 2, 2017 7pm

RSVP Required

Blue Christmas Prayer Service

Sunday, December 10, 2017 3:30pm

Not everyone experiences Christmas feeling merry, joyful, and happy. All are welcome to join us as we come together to pray for renewed strength, hope and experience the presence of the Lord.

Loss of a Child Prayer Service

Sunday, June 3, 2018 2pm

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



Healing the

Grieving Heart:

The Journey after the Death of a Loved One

Fall 2017

BEREAVEMENT SUPPORT GROUP

All denominations welcome to join us Mondays

September 25th through November 13, 2017

7:00 PM – 8:30 PM *Free of Charge*

REGISTRATION REQUIRED

Roman Catholic Church of the Little Flower

110 Roosevelt Avenue, Berkeley Heights, NJ

Parish Center School Building, Room 1H

Enter through front doors of school and proceed down the first floor hallway; room is on the right.

Mass of Remembrance/Prayer Service Location:

Little Flower Little Church

310 Plainfield Avenue

For more information, contact:

Mariana Terrezza: 908/665-9056

Professional Licensed Facilitator:

Liz Migneco, LCSW, LMFT

908/873-1979

lmigneco@sainthelen.org