

# Bereavement Support Ministry

‘Good Grief’, a six-week Bereavement Support Group, is offered each Spring and Fall for those who have lost a loved one through death.

The series, facilitated by a licensed therapist, includes information on the grieving process and an opportunity to share with others in a small group led by trained co-facilitators.

The next series begins Wednesday, September 22—October 27 in the Parish Center. There is no cost and all are welcome. To pre-register or for additional information, please call the Parish Center (818) 949-4300.

Participants are asked to bring a small photo of their loved one to the first session.

In the meantime here are a few suggestions that might be helpful

## *MOVING THROUGH GRIEF*

*Facing the loss and its repercussions*

*Feeling the feelings generated by the loss*

*Accepting the sudden or anticipated change of the relationships with the person lost*

*Forming new relationships without constant reference to the lost relationship*

*Re-envisioning life and one's place in it and re-emerging into life with hope and purpose*

The following websites offer helpful information:  
Making Sense of Loss, Grief and Bereavement  
Making Sense of Grief and Loss  
Good Grief Center