

## GRIEF SUPPORT GROUP

When we lose a loved one by death, we are wounded. Just as a wound does, we need to heal from within, to express our thoughts and feelings, even when they seem crazy. We need to recognize that “crazy is normal.”

Knowing this will not lessen your grief, but it may help your healing to begin. A support group is a safe haven where we can talk, cry, share our anger, guilt, and fears with those who understand and care.

Grief, like a wound, takes time to heal. A support group is to the grieving like a healing salve is to a wound; it soothes and comforts us while we heal.

We are here to offer information, to listen, to share feelings, and to support one another.

## SOME TOPICS



*Helping Yourself Through Grief:  
Recognizing Your Loss*

*Understanding the Stages  
of Grief*

*Surviving Stress  
and Loneliness*

Coping Styles in Grieving

*Spiritual Elements of Grief:  
Praying Our Goodbyes*

*Value of Memories & Facing  
Special Times in Our Lives*

There is no “right” way or time-line for healing. We are each uniquely created by God, and we each cope with our loss and find healing in our own unique ways and times.

## GRIEF SUPPORT GROUP MEETS

Nativity of Our Lord  
Parish Conference Center  
(Located behind the church)  
605 West Street Road  
Warminster, PA 18974

Tuesdays~6:30 P.M.–8:00 P.M.

March 29  
April 12  
April 26  
May 10  
May 24  
June 7

*The group is ecumenical and  
open to all adults who are  
mourning the loss of loved ones.*

For more information contact:  
*Dot Cassidy*  
(215-672-8230)  
*Nativity Parish Center*  
(215-675-1925)



**“A butterfly lights beside us  
like a sunbeam.  
And for a brief moment  
its glory and beauty  
belong to our world.  
But then it flies on again,  
and though we wish  
it could have stayed,  
we feel so lucky  
to have seen it.”**



**The Lord  
is close  
to the  
broken-  
hearted.**

**-Psalm  
34:19**

**Nativity  
of  
Our  
Lord  
Parish**

**GRIEF  
SUPPORT  
GROUP**

