

# Grief Support Groups

*for  
Adults and Children*

*Spring, 2009*

Grief is not an illness or a sign of weakness. Unlike a broken bone or a cold for which there may be a “quick fix”, grief is a transition; a long, slow time-consuming, often painful healing process. The grief support services described in this brochure are intended to help you in this process of healing.

Many groups will be held again in the fall of 2009. If the group you are interested in has already begun, call for information about when it will be offered next.

## **FOR BEREAVED PARENTS**

---

This group is intended for any parent or couple who has experienced the loss of a child from infancy to adult years. The group is designed to run once a week for seven evenings and is offered in the fall and again in the spring.

This spring, the Bereaved Parents' group will meet **Wednesday evenings, 7:30 to 9:00 p.m., beginning Wednesday, April 29, 2009 in the parlour of Zion Lutheran Church, 202 Erie Street, Stratford.**

**Registration and questions:** Call Karen James-Abra at 519•275•2187

## **FOR BEREAVED ADULTS**

---

**St. Joseph's/Immaculate Conception Roman Catholic Church** offers a range of grief support opportunities for anyone experiencing the loss of someone special in their lives. Prayer services for the ill, Care Notes for various types of bereavement, a grief lending library and structured days of prayer for the bereaved are some of the offerings of the church's bereavement support ministry.

**For further information:** Call the church office at 519•271•6722.

## **WIDOWS SUPPORT**

---

### ***Six week series in Stratford:***

This group is for any woman who has been widowed and wants support and information about adjusting to life without her partner.

The group will meet **six evenings, 7:30 to 9:00 p.m., beginning at the end of April, 09 in Stratford.**

**To register:** Call Karen James-Abra at 519•275•2187

### ***Ongoing in Stratford:***

On the **3<sup>rd</sup> Friday of every month**, you are welcome to join a support group of women who have lost their partners through death. The purpose of the gathering is for support, sharing of resources, laughter and socializing. Whether you have been widowed fairly recently or some time ago, you are welcome to join the group.

**For further information:** Call Flo Cartwright at 519•273•2706.

## **FOR CHILDREN WHO HAVE EXPERIENCED A LOSS**

A *Rainbows Program* for children who have experiencing grief from death, divorce or any other family altering loss. Monday evenings, 7-8pm  
Grace United Church  
Tavistock Ontario  
**Contact** Diane Flynn 519-348-8618 or  
Marion Jackson Tyler 519-655-2151

## **A GENTLE PLACE FOR GRIEVING CHILDREN**

This is a group for children who are grieving the death of someone special in their lives. Through the use of photography and other creative methods, children will remember the lives of their loved ones, talk about the feelings of grief, and figure out some ways to take the loved one with them as they journey into the future.

This group will begin in late April, 2009, at a time and place that is suitable to participants, and will be eight weeks in duration. Cost is \$55.

**For more information and to register:**  
Contact Mindy Gough at (519)275-3770.

## **SURVIVING PREGNANCY LOSS**

This is a group for women who have suffered a pregnancy loss whether through miscarriage, stillbirth or an ectopic pregnancy. Participants will have an opportunity to explore their feelings about loss of pregnancy and to work towards resolving their losses in a safe, confidential atmosphere.

This group will be offered in the spring, 2009 at a time and place that is suitable to participants.

**For more information and to register:** Call Muriel Percy at 519-655-2322.

## **SURVIVORS OF TRAUMATIC DEATH – GRIEF RECOVERY GROUP**

This eight week grief group will be offered to people that have experienced the death of a loved one through a traumatic event such as a car accident, work place accident or by suicide. The group will be offered in the spring of 2009 at a time that is convenient to the participants.

**For more information, contact:**  
Eugene Dufour  
Phone: 519-284-2230  
Email:  
[eugenedufour@sympatico.ca](mailto:eugenedufour@sympatico.ca)

## **MEN'S GRIEF RECOVERY GROUP**

This eight week group will be offered to men that have experienced the death of a loved one. The group will be offered in the spring of 2009 at a time that is convenient to the participants.

**For more information,** please contact Eugene Dufour  
Phone: 519-284-2230  
Email: [eugenedufour@sympatico.ca](mailto:eugenedufour@sympatico.ca)

## **THE GRIEF SUPPORT NETWORK**

The Grief Support Network is an initiative of churches, individuals and organizations in Stratford and area. The Network works to promote and coordinate grief support services and education. If you are interested in becoming involved in any part of the Grief Support Network, contact Karen James-Abra at 519-275-2187 or [karen.jamesabra@gamil.com](mailto:karen.jamesabra@gamil.com)

*“Although the world is full of suffering,  
it is also full of the overcoming of it.” –  
Helen Keller*