

The Bereavement Group

By, Ric Massimei

The Holy Family Bereavement Group is not made up of professionals. However, we as facilitators have traveled the journey through our morning & grieving. Also, learning from persons willing to share their experiences.

We share our experiences in a safe environment as we listen intently to one another's stories. We are open to each person's loss. We are aware of the uniqueness of his or her grief & mourning. We offer each person Hope. Whatever is shared is personal & only for the ears of facilitators & our guests.

I have witnessed wonderful changes as participants share with the group, as we and they offer insights.

We meet once a month, usually on the second Wednesday.

After Easter we meet once a week for six weeks.

We use an excellent book --Understanding Your Grief: Essential Touchstones for Finding and Healing Your Heart, authored by Alan D Wolfelt , Ph.D., with an accompanying personal journal.

Peace.

