

GRIEF SUPPORT GROUPS

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

Grief is not an illness, a sign of weakness, or a problem to be solved. It might feel like all those things. And other people may treat you as though you as ‘sick’ and have a problem. But grief is not life a broken bone or a cold or an allergy. There is no ‘quick fix’, no ‘easy cure’ for grief.

Grief is a transition, a long, slow, time-consuming, painful, healing process. These Grief Support Groups are intended to help you in that process.

Each of the group is led by experienced counsellors and group facilitators. For more information about any one of the Grief Support Groups listed here, please call one of the facilitators at the number given.

These groups will be held in the spring of 2006. They most likely will be offered again in the fall. If the group you are interested in has already begun, call for information about when it will be next offered.

Bereaved Parents

This group is intended for any parent or couple who has experienced the loss of a child during pregnancy, at birth, as a child or youth.

Dates and times: Seven Thursday evenings, 7:00 to 8:30 p.m., from March 23 to May 4, 2006 in St. John’s United Church parlour.

Co-facilitators: Bill and Karen James-Abra

For more information and to register: Call Karen James-Abra at 275-2187

“You don’t heal from the loss of a loved one because time passes; you heal because of what you do with the time.”
– Carol Crandell

Bereaved Adults

This group, which will meet in St. Mary’s, is for adults who’ve lost a parent, sibling or significant other and who want the support of a group of other adults who’ve experienced a similar loss.

Dates and times: Thursday mornings from 9:30 to 11:30, from February 23 to March 30 at the St. Mary’s Friendship Centre.

Co-facilitators: Mary Gaffney and Roxy Linkletter

For more information and to register: Call Mary or Roxy at 273-1020. Another group is planned for April, 2006 in Stratford.

Bereaved Adults

This group, which will meet in Stratford, is for bereaved adults who’ve lost a parent, sibling or significant other and who want the support of a group of other adults who’ve experienced a similar loss.

Dates and times: Wednesday evenings 7:00 to 8:30 p.m., from March 22 to May 22 at Zion Lutheran Church, Stratford.

Facilitator: Muriel Percy

For more information and to register: Call Muriel at 271-4425

Bereaved Adults

St. Joseph’s Roman Catholic Church offers a range of grief support groups for anyone who has experienced the death of someone special in their lives: a wife or husband, a parent or close friend. The focus is on support and helping members to cope, heal, and to find new meaning in their lives.

For information on dates and times: Contact Laura Reilly or Mary Bannon through St. Joseph’s church at 271-6722.

Widows’ Support Group

This group is for women of any age who have lost a life partner.

Dates and times: Group members will choose their regular meeting time at a first meeting on Friday March 17, at 7:30 in St. John’s United Church parlour.

Facilitator: Laurie White

For more information: Call Laurie at 271-3683

GROUP LEADERS

Leaders for the Grief Support Groups in this brochure include:

- Mary Gaffney, RN, BScN., Family Services Perth Huron, 273-1020
- Bill James-Abra, M.Div., St. Joseph's Health Centre, Guelph, (519) 824-6000 ext. 4334
- Karen James-Abra, M.Ed., R.S.W., Counsellor in Private Practice 275-2187
- Roxy Linkletter, M.T.S., R.S.W. Family Services Perth Huron, 273-1020
- Muriel Percy, M.S.W., R.S.W., Counsellor in Private Practice, 271-4425
- Laurie White, M.R.E., Pastor, St. John's United Church, 271-3683
- Laura Reilly and Mary Bannon, Pastoral Assistants at St. Joseph's and Immaculate Conception Catholic Churches, 271-6722



Stratford Grief Support Network
c/o Karen James-Abra Counselling Services
153 Huron St., Stratford, ON., N5A 5S9
Phone (519) 275-2187

GROUP 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 groups and education. If you are interested in becoming involved, contact Karen James-Abra, at 275-2187 or any of the group leaders named in this brochure.

"I believe there's no denying it, it hurts to lose. It hurts to lose a cherished relationship with another, or a significant part of one's own self. It can hurt to lose that which has united one to the past, or which has beckoned one into the future... Yet I believe there is more to losing than just the hurt and the pain... I believe that courage often appears... I believe the time of loss can be time of learning unlike any other... For I believe that living with loss is about beginnings as well as endings. And grieving is a matter of life more than of death."

– Author unknown

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Spring 2006

*For Bereaved Parents,
Widows, Widowers and Other
Grieving Adults*