



Healing Hearts

Grief Support Group

2023-2024 Calendar

“A WIFE WHO LOSES A HUSBAND
IS CALLED A WIDOW.

A HUSBAND WHO LOSES A WIFE
IS CALLED A WIDOWER.

A CHILD WHO LOSES PARENTS
IS CALLED AN ORPHAN.

THERE IS NO WORD
FOR A PARENT
WHO LOSES A CHILD.
THATS HOW AWFUL THE LOSS IS.”

September 12	Please bring a photo so we can get to know your loved one.
September 26	The Emotional Impact-Physical, Emotional and Spiritual
October 10	Dealing with Guilt and Regrets
October 24	Journaling- “Externalizing the Internal” -Why ?
November 14	Getting Through the Holidays
November 28	Dealing with Anger and Frustration
December 12	Remembering Your Loved One– Bring their favorite food, snack or beverage.
January 9	Family and Friendship– Estrangement - Masks 1:00 PM & 7:00 PM -Carleen Hennenfendt
January 23	Grief: Expected, Sudden Expected and Sudden 1:00 PM & 7:00 PM – Dr. Tammy Decotau
February 13	Dealing With our Fears
February 27	Who am I Now? Identity Changes
March 12	Does it Ever Get Better?
March 26	Dealing with Loneliness, Emptiness and Depression 1:00 PM & 7:00 PM - Sandra Gallegher
April 9	Forgiveness—Where is God?
April 23	Healing Through Awareness 1:00 PM & 7:00 PM –Kelsey Job
May 7	Transformed: I See Color Again –Scott Geiselhardt 1:00PM & 6:30PM
May 14	Memory Game
May 28	Potluck Picnic and Real Butterfly Release 5:30PM
June 25	Open Session
July 23	Open Session
August 27	Open Session

Brenda Bergan

Grief Care Coordinator

Office: 701-223-7322 • Cell: 701-426-1021 *Call or Text*

Vicki Olson

Grief Care Coordinator

Office: 701-663-5351 • Cell: 701-729-2852 *Call or Text*



Healing Hearts

Grief Support Group

When and Where

5:30 - 6:30 p.m.

Parkway Funeral Service

2330 Tyler Parkway

Bismarck, North Dakota



This event is open to the public,

including those who did not

have services directly through

Eastgate & Parkway Funeral Service.

Healing Hearts is a group for anyone
who has experienced child loss and
provides guidance
on the path to healing.

This group is made for miscarriages,
Infant, toddler, youth teen
and adult loss.

...we are here to help.

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LOTUS

Grief Support Group

**For Those Looking Onward
To Understanding & Serenity**



*The Sacred Lotus (Nelumbo Nucifera) has great religious symbolism.
If such a lovely flower can rise from the mud, it is reasoned, then man can conquer any adversity.*

Perhaps your stepping stone back into life is LOTUS. This group is for men, women, and young adults who have experienced a death. These meetings address the many struggles of life that challenge those who grieve.

All groups will meet at Parkway Funeral Service, 2330 Tyler Parkway, Bismarck

🌀 LOTUS for Men 🌀

2nd and 4th Tuesdays of every month*

10:00 a.m. – 11:00 a.m.

🌀 LOTUS for Women 🌀

2nd and 4th Tuesdays of every month*

1:00 p.m. – 2:00 p.m.

🌀 LOTUS After Hours: For both men & women 🌀

2nd and 4th Tuesdays of every month*

7:00 p.m. – 8:00 p.m.

*During the summer months meetings are held once a month on the 4th Tuesday at 1:00 pm & 7:00 pm for both men and women.

🌀 “A Cup of Tea and a Good Book”: An hour of oral reading and discussion 🌀

2nd & 4th Monday of each month from 1:00 p.m. – 2:00 p.m.

2023 - 2024 LOTUS Calendar

***During the summer months (June, July and August) meetings are held once a month on the 4th Tuesday at 1:00 pm & 7:00 pm for both men and women.**

Topics and dates may change due to circumstances beyond our control. **Combined Sessions** for both men and women will meet at 1:00 pm and 7:00 pm on the calendar days (there will **NOT** be a men's 10:00 session on combined days). Between meetings, strive to stay in touch with each other, perhaps over breakfast or a cup of coffee, or exchange phone numbers if you wish. *"Grief shared is grief diminished."* Thank you for taking part in our LOTUS program!

- September 12.... Please bring a photo so we can get to know your loved one.
- September 26 ... **LOTUS Combined-** Sharpness of Grief, Identified and Discussed.
1:00 PM & 7:00 PM
- October 10..... Dealing with Guilt and Regrets
- October 24..... Journaling— "Externalizing the Internal 'Why'"
- November 14 **LOTUS Combined-** "Holidays, Schmolidays"
1:00 PM & 7:00 PM
- November 28..... Dealing with Anger and Frustration
- December 12..... Bring their favorite food, snack or beverage for "Remembering Your Loved One"
- January 9 **LOTUS Combined—** Changes: Family, Friendship, Estrangement and Masks
1:00 PM & 7:00 PM -Carleen Hennenfendt
- January 23 **LOTUS Combined—** Grief: Expected, Sudden Expected and Sudden
1:00 PM & 7:00 PM – Dr. Tammy Decotau
- February 13 Dealing With Our Fears
- February 27 **LOTUS Combined—** Panel of Speakers- "Relationships: Hazards and Triumphs"
1:00 PM & 7:00 PM
- March 12 Identity Changes: "Who Am I Now?"
- March 26 **LOTUS Combined—** Dealing with Loneliness, Emptiness and Depression
1:00 PM & 7:00 PM –Sandra Gallegher
- April 9 Forgiveness: "Where is God?"
- April 23 **LOTUS Combined—** Healing Through Awareness –Kelsey Job
1:00 PM & 7:00 PM
- May 7 Transformed: I See in Color Again -Scott Geiselhart
1:00 PM & 6:30 PM
- May 14 Built-in Repair Mechanisms: Getting Better, When?
- May 28.....Potluck Picnic and Real Butterfly Release
5:30PM
- *JuneOpen Session
- *JulyOpen Session
- *August.....Open Session

Brenda Bergan

Office: 223-7322 voicemail • Cell: 426-1021 Call or Text

Sister Ivo Schoch

Corpus Christi Catholic Church Cell: 255-4600



SOS

SOUNDS OF SILENCE

2023-2024 Calendar

You need to know that...

Losing a loved one is devastating. When that death is self-inflicted, it can be overwhelming.

Your feelings may be so complex that you can't explain them— even to yourself. The most important thing for you to understand is that your feelings are natural and that people are available.

Connecting with others who have shared this experience and aid in your healing.

There are a range of feelings that you may experience. It is natural to have feelings of :

❁ Shock....."I can't believe this is happening"

❁ Disbelief....."Why? Why? Why?"

❁ Guilt....."If only..."
"What if...?"

❁ Anger....."How could you do this
to me...to us?"

❁ Depression..."How will I survive this?"

❁ Stigma....."What will people think?"

September 5	Please bring a photo so we can get to know your loved one.
September 19	How is grief after suicide different? -Vicki Olson "Shame, Stigma, Blame, Religion"
October 3	Dealing with Guilt and Regrets
October 17	Journaling- "Externalized the Internal" -Why?
November 7	Dealing with Anger and Frustration
November 21	Getting Through the Holidays
December 19	Salvation After Suicide –Religion -Forgiveness -Fr. Joshua Ehli
January 2	Family, Estrangement and Friendship Changes
January 16	Remembering Your Loved One -Bring Their Favorite Food, Snack or Beverage.
February 6	Panel of Speakers: Parent-Child-Sibling-Spouse
February 20	Dealing with our Fears
March 5	Who am I now? Identity Change
March 26	Dealing with Loneliness, Emptiness and Depression -Sandra Gallegher
April 2	Memory Game
April 23	Healing Through Awareness –Kelsey Job 1:00PM & 7:00PM
May 7	Transformed: I see In Color Again 1:00PM & 6:30PM -Scott Geiselhart
May 28	Potluck Picnic and Live Butterfly Release 5:30PM
*June 18	Open Session
*July 16	Open Session
*August 20	Open Session

Brenda Bergan, Facilitator
Text or Call 426-1021
Kathleen Dwyer 255-0980

**During the summer months,
meetings are held on the 3rd Tuesday of the month.*



SOS

SOUNDS OF SILENCE

About the Meetings

"Sounds of Silence" (SOS) suicide support group will provide compassionate support and grief education with the hope that family members and friends will find guidance on the path of healing.

We've become members of a fraternity that we never asked to join. It has cost us dearly...in sleeplessness, body aches, functioning and energy depletion. The emotions of anger, fear and guilt run rampant and are relentless attackers of our psyche. Our grief is powerful and unpredictable.

"Suicide leaves deep scars on the survivors. But there is no turning back: you cannot change what has happened. You can, however, change your outlook-from backward to forward, from death to life. Those who have experienced the suicide of a loved one can learn to let go of blaming themselves, and to take responsibility for their own future. They can emerge from their sorrow with a profound appreciation for the solidarity they have experienced with others, and with a deep awareness of the beauty and fragility of life. And they can begin to see life not so much as a problem to be solved, but as a mystery to be discovered each day."

*Contributed by Dora Jaeger and Loretta Bierdeman;
"Surviving Suicide," Mental Health America of North Dakota pamphlet.*

There is no suffering greater than that which drives people to suicide; suicide defines the moment in which mental pain exceeds the human capacity to bear it.

Where

Parkway Funeral Service
2330 Tyler Parkway
Bismarck ND, 58503

When

1st and 3rd Tuesdays
(excluding holidays)

*3rd Tuesday of June, July and August
(excluding holidays)

Time

6:30–7:30 p.m.

Facilitators

Brenda Bergan
(701) 426-1021 or (701) 223-7322

Kathleen Dwyer
(701) 220-5379

Vicki Olson
(701) 729-2852

Brenda Bergan, Facilitator
Text or Call 426-1021
Kathleen Dwyer 255-0980

**During the summer months,
meetings are held on the 3rd Tuesday of the month.*

Sea Glass Support Group

While *any* support is important, it is essential to realize that children, tweens and teens face numerous social and emotional challenges in the best of times during their developing years. Adding the pain of loss and the ongoing journey of grief during this time in their lives can be overwhelming – to the young person experiencing this pain and to the family, teachers and other adults who are charged with their care.

The purpose of our Sea Glass support group is to help children and teens learn their own ways of smoothing out their grief. Our goal is to meet youth where they are in their grief, help them recognize that grief is a continual process, and guide them through appropriate and meaningful ways to navigate and manage their feelings.

Calendar 2023 -2024



Meetings are from 6:30 - 7:30PM

Please RSVP via call or text:

Mardee 701-880-0422 or Brenda 701-426-2021

October 3	Mindful Stick for Anxiety
October 17	Collage Wall
November 7	Torn Paper Transformation
November 21	Mindful/Worry Stone
December 5	Remembrance Ornament
December 19	Ornament Continued
January 2	Memory Box
January 16	Memory Box Continued
February 6	Heart Activity
February 20	Jenga® with our Feelings
March 5	Broken Bowl Project
March 19	Worry Worms
April 6	Dandelion Fingerprint Painting
April 16	Grief Maze
May 7	Handprint to Remember our Loved One
May 21	New Life: Let's Plant A Flower

Welcome to

Sea Glass

Support for grieving children and teens

About the Meetings

Sponsored by Eastgate and Parkway Funeral & Cremation Service, these meetings are not "therapy sessions"; rather, they provide a safe and non-judgmental, age-appropriate atmosphere where young people can share their pain and learn about grief. Facilitators will guide each meeting, often sharing practical ideas and activities to help members understand their feelings and emotions.

When

Meetings are held throughout the year. If interested in registering, please contact Brenda Bergan at 701-426-1021 for more information.

Where

Parkway Funeral Service
2330 Tyler Parkway
Bismarck, ND 58503

About Sea Glass

Sea glass begins as normal shards of broken glass that are tumbled around and worn in the waves of the sea until the sharp edges become smooth and rounded. This is very similar to those who are grieving a loss. The pain of death is often sharp and leaves those in grief feeling shattered. With time and support, those who journey through grief find that although the pain may not ever go away, it becomes less sharp.

Often, grief support groups are developed with adults in mind. Many times, grieving children and adolescents are left to the care of their parents (who may also be grieving the same loss), or they are offered somewhat limited care through resources such as school counselors or clergy.

Our hope is that young people will find continued healing through our Sea Glass program.

Meet our Facilitators



Mardee Reich

My life and the lives of my children were forever changed Nov. 6, 2012, when my husband and oldest son were killed in a car accident. My children lost a father and brother. It has been almost nine years since the accident and not a day goes by that they aren't missed and thought of. In sharing my story and experience, I want others to know that they aren't alone and that someone understands their grief.



Brenda Bergan

For more information contact Brenda Bergan, Grief Care Coordinator
Office: 223-7322 voicemail
Cell: 426-1021 Call or Text