

Healling Healling Prief 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



HEALING HEALING Grief Support Group

When and Where

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.

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 though
Eastgate & Parkway Funeral Service.



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

2nd and 4th Tuesdays of every month* 10:00 a.m. – 11:00 a.m.

2nd and 4th Tuesdays of every month* 1:00 p.m. – 2:00 p.m.

2nd and 4th Tuesdays of every month* 7:00 p.m. – 8:00 p.m.

→ "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.

^{*}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.

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 28Potluck Picnic and Real Butterfly Release		
	5:30PM	
*June	Open Session	
*JulyOpen Session		
*AugustOpen Session		

Brenda Bergan Sister Ivo Schoch

Office: 223-7322 voicemail • Cell: 426-1021 Call or Text Corpus Christi Catholic Church Cell: 255-4600



505

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 you 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?"
- 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
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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 Leved One Bring Their

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



"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

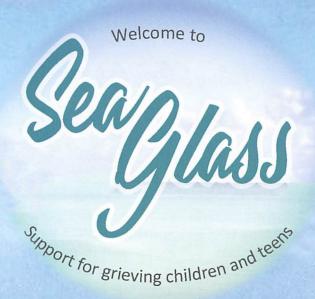
Vicki Olson (701) 729-2852

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

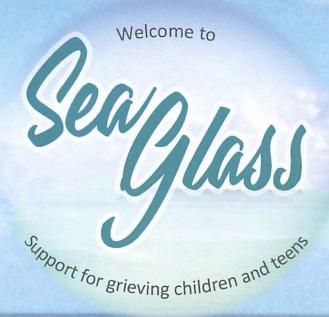
March 19 Worry Worms

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



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 Pacilitators



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