

Grief Support

*Grief is not only experienced by the loss of a loved one ...
grief is also*

- *losing your job*
- * having to walk away from a sport*
- * ending a long-term relationship*
- * saying goodbye to a pet*
- * leaving your hometown*
- * losing a friendship*
- * receiving a life-altering diagnosis*
- * feeling like a failure*
- * grieving the life you'd thought you'd have*
- * navigating a major identity shift*
- * processing childhood trauma*

Grief Counseling

GriefShare

Grief & Loss Support Groups. You can research by zip code where local support groups are being held.

www.griefshare.org



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Highmark Caring Place - Child/Teen Focused

The Caring Place is a family-centered, child-focused, peer support program. With the focus on children, every aspect of the program is designed with the needs of children and teens in mind.

www.highmarkcaringplace.com

Harrisburg region
(866) 613-4673



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Pathways Center for Grief & Loss

4075 Old Harrisburg Pike

Mount Joy, PA 17552

(717) 391-2413 or (888) 282-2177

En español: (717) 391-2440

pathways@hospicecommunity.org



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Families of Suicide Loss Support Group:

Every 1st & 3rd Monday of each month, 7:00 PM – 8:30 PM

Held at Mental Health America

245 Butler Ave, Suite 204

Lancaster, PA 17601

Peer-led support group that welcomes those who have had someone close to them die by suicide. Support groups are drop-in, confidential, and free; no registration required.

Infertility

Springs in the Desert

Springs in the Desert: Catholic Infertility Ministry

Springs in the Desert accompanies many women and couples struggling with infertility and loss by offering a place of respite and solidarity, where they come to know God's love for them and discover that He is transforming their suffering into fruitfulness.



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People rush to get rid of grief because they see it as hanging onto loss. But grief is really hanging onto love - which is why you always feel it.



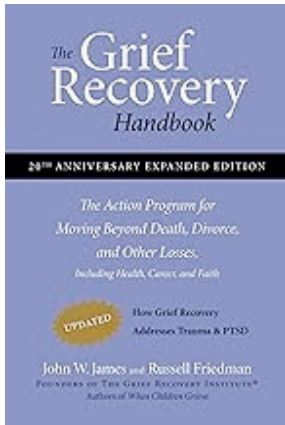
You are not alone



Recommendations from Our Bookshelf



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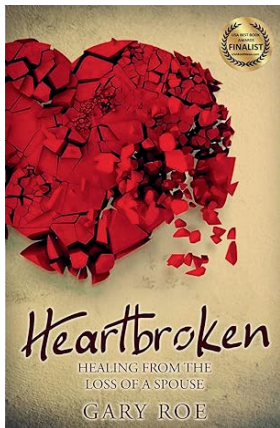


The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith

by John W. James & Russell Friedman

Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with:

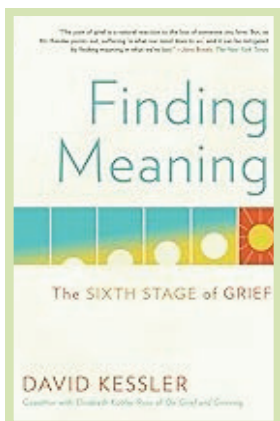
- Loss of faith
- Loss of career and financial issues
- Loss of health
- Growing up in an alcoholic or dysfunctional home



Heartbroken: Healing from the Loss of a Spouse (Good Grief)

by Gary Roe (Author) 2019

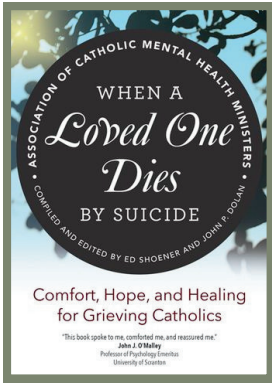
Award-winning author, speaker, grief counselor and bereavement specialist Gary Roe is a compassionate and trusted voice in grief recovery who has been bringing comfort, hope, encouragement, and healing to hurting, wounded hearts for more than 30 years. He has walked with hundreds of widows and widowers through this painful valley. From their stories he has composed this incredibly practical work that will touch your heart and comfort your soul.



Finding Meaning: The Sixth Stage of Grief

by David Kessler (Author) 2020

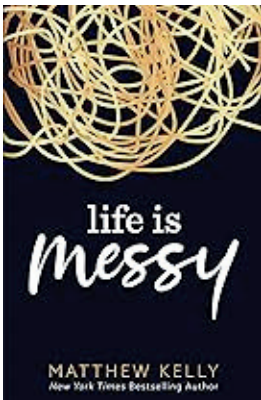
Kessler's insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son. How does the grief expert handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth stage of grief—meaning. In Finding Meaning, Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss.



When a Loved One Dies by Suicide: Comfort, Hope, and Healing for Grieving Catholics

by Association of Catholic Mental Health Ministers, Ed Shoener, et al

When someone you love dies by suicide, confusion, shame, and guilt often add to the emotional upheaval and spiritual turmoil in your life. When a Loved One Dies by Suicide was written by Catholics who have lost a loved one due to suicide. The contributors share their personal stories of loss, of learning to cope with the crushing grief, of finding comfort in faith and community, and of discovering hope as they began to move forward again.



Life is Messy

by Matthew Kelly (Author) 2021

This book is about putting our lives back together, and allowing ourselves to be put back together, when life doesn't turn out as we expected it to. Based on his own heart-wrenching personal journals, Matthew Kelly shares how the worst three years of his life affected him, by exploring this question: Can someone who has been broken be healed and become more beautiful and more lovable than ever before? The answer will fill you with hope.

Grief Affirmations

- I am breathing through the heavy waves..
- I am allowed to feel however I feel today.
- It's okay to miss them and still be okay.
- I am not alone in this silence.
- I don't have to get over it to move forward
- My grief is just love with no place to go.
- I forgive myself for what I couldn't change.
- My memories are a safe place to visit.
- Healing isn't a race.
- I am resilient, even when I am broken.
- I am honoring my loss by being kind to myself.
- Their love stays even when they aren't here.
- Small steps are still steps.
- My heart is allowed to be heavy right now,
- I'm letting myself be human today.

*And I am accepting God's love
for me through this sorrow*