

Bradshaw
Creating Meaningful Events That Celebrate Life®
1078 Rice Street
St. Paul, MN 55117
www.bradshawfuneral.com
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Grief Resource Center

The Grief Resource Center is directed by Tony Del Percio and is available to all those who have experienced the death of a loved one. It is sponsored by Bradshaw as part of our community service and ongoing support following the funeral, at no cost. This newsletter is sent to families for a period of one year after a death. After one year, if you would like to continue receiving the newsletter, be removed before the one year, or like to get the newsletter by email rather than mail go to bradshawfuneral.com/newsletter. **For more information contact Tony at 651-489-1349.**

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GRIEF AND LOSS

F P H E Y N X L W L A N R U O J J
G A T C Q U W O N U N S T A B L E
R I T A U Y R F E A R M D F L D K
A N E E K R K K Y X I O E E D I E
T N S P Y W E W T A P U P I N S N
I I R M V R E F I C T R R R O B O
T G A H A A P S T C R N E G V E I
U R E U R J S L N E U I S S K L T
D A T Y W U A O E P H N S H S I A
E B F D F S K S D T S G I N O E L
I K L B V T E S I A Y O O N T F O
H S I U G N A A D N V M N Y O J S
E H C A V F F D W C H A B M U N I
L T L Z O L N K U E S T R E S S F
C W X S R E G G I R T T E M P T Y
F X U M S P R E C O V E R Y P Z V
P V E S R B O D M E M O R I E S V

WORD BANK

IDENTITY	MEMORIES	UNSTABLE	FAITH	ACHE
STRESS	GRATITUDE	ANGUISH	GRIEF	FEAR
MOURNING	RECOVERY	EXPRESS	PEACE	HURT
DISBELIEF	TRIGGERS	JOURNAL	TEARS	LOSS
ACCEPTANCE		EMPTY	WEARY	NUMB
DEPRESSION			WORRY	PAIN
ISOLATION	KEEPSAKE			JOY



PROVIDING EDUCATION AND SUPPORT AT A TIME OF LOSS

BRADSHAW CELEBRATES 50 YEARS

This year marks our 50th year as a local and family-owned Funeral & Cremation provider. The company was started in 1972 by Jim and Jayne Bradshaw. Their idea was to provide a high-quality service while creating meaningful events that celebrate a life. Through the years, they have acquired several other funeral homes in the Twin Cities to meet the needs of the community. In 1998, their son Jason joined the firm and is now President and CEO of the company.

Over the years, we have continued to expand services to meet the ever-changing needs of families today. Besides having a full time Grief Counselor, we have added Green Cremation as an alternative to flame base cremation. Bradshaw also has an expanded preplanning program, with seminars and community outreach. In 2012, we also added Simple Traditions by Bradshaw, a value brand with simplified choices. We continue to stay involved in many community and civic organizations as well. Most importantly, we continue to be a locally and family-owned funeral provider that is focused on meeting the needs of all families who call upon us.

None of this could be possible without the trust and confidence you place in us at a time of death. You have helped us become the company we are today and for this we are forever grateful.

How Journaling Can Help You Grieve

by Marilyn A. Mendoza Ph.D.
psychologytoday.com

When in the throes of grief, we are fortunate today to have access to any number of resources and activities that can be used to ease our pain. There are many books and blogs available on grief. There are grief groups both in-person and online. We can talk to friends, family or therapists. We can join in activities such as grief yoga that engages our body in the healing process.

However, one of the simplest and cheapest things we can do is to journal. While some may decide to use their phone or computer to record their thoughts and feelings, as long as you have some paper and a pen or pencil you are set. The cost is minimal.

Journaling was introduced to psychotherapy by psychologist

50TH ANNIVERSARY Pizza & Bingo

Join us for our pizza get together on **Saturday, September 24** at our **Stillwater location**. Bingo starts at 5:00p.m. We begin with a card game followed by bingo.

As part of our 50th Anniversary, Bradshaw will be covering the cost for this event. Reservations are required by September 21 by visiting bradshawfuneral.com/sign-up. This event is for widows and widowers and space is limited.



HALLOWEEN BINGO & PIZZA

Saturday, October 29th

Join us for our pizza get together at our **Stillwater Location** on **Saturday, October 29th starting at 5:00p.m.** We begin with a card game then bingo. **Cost for this activity is \$12.00 per person.**



Reservations are required by visiting bradshawfuneral.com/sign-up.

Deadline is October 26th. Please wear something black, orange or purple.

Ira Progoff in the 1960s, and it has been proven to be an effective therapeutic tool. People keep dream journals, food journals, gratitude journals, therapy journals as well as grief journals. Journaling has been found to make positive changes in both the physical and psychological effects of grief as well as other emotional and physical issues.

One of the primary benefits of journaling is that it helps to relieve stress. A few of its long term effects include improved immune system functioning, reduced heart rate, blood pressure, improved sleep and less frequent visits to the doctor for stress related illnesses. Emotional benefits include a sense of well being, reduced symptoms of depression, anxiety, and tension.

GRIEF SUPPORT GROUPS

Transforming Grief Into Growth™

This six-week educational series offers individuals insights, understanding how thoughts impact our emotions and the tools needed to help you through the mourning/grief process. Various topics will be discussed ranging from: the impact grief plays in our daily lives, common/normal symptoms or reactions we may experience and the importance of healthy



mourning, communication and goal setting. Finally, creating a new sense of identity and moving beyond our grief. It is important that you attend all sessions. Please allow yourself four weeks after a death before attending this group. After the second meeting, the group becomes closed. The group is free of charge and will meet at the following location for six weeks.

Stillwater Location - Starting on Monday, September 26 at 6:30 p.m.

White Bear Location - Starting on Tuesday, September 20 at 6:30 p.m.

SOS (Survivors of Suicide)

This group is designed for individuals and families who have experienced the death of a loved one through suicide. **The group meets the 1st Thursday of each month at our White Bear location at 7:00 p.m.**

Continued CARE

This group is for widows and widowers who would like to meet up for open discussion and ongoing support after the 6-week group. Various topics will be discussed depending on the needs of the group. The group meets at our Stillwater Location the 2nd Wednesday of the month at 6:30 p.m.

Parents Grief SUPPORT GROUP

The death of a child of any age is the most painful death and experience of all. Not only does your child die, but a part of you dies as well. Parents may feel more intense emotions depending upon the type of death. This group offers support, compassion and understanding to begin the healing process. The group meets at our White Bear location the 3rd Thursday of each month at 7:00 p.m.



LGBT GRIEF SUPPORT GROUP

This ongoing support group is for those who have experienced a death of a partner/spouse. The group offers support and understanding as you adjust to the loss of your relationship. The group meets the first Tuesday of each month at 7:00 p.m. at Bradshaw Minnehaha, 3131 Minnehaha Ave, Mpls. For more information call Tony at 651-489-1349.



SCAN ME

Due to the COVID-19 registration is required for all groups. Go to BradshawFuneral.com/sign-up or contact Tony at 651-489-1349.