

# GOOD GRIEF: HEALING WHILE GRIEVING

A FACILITATED SUPPORT GROUP FOR PEOPLE EXPERIENCING THE PAIN OF LOSS

The journey of loss and grief is as unique as individual fingerprints or flakes of snow. With the death of a loved one, you may find yourself feeling numb, confused, angry or even disoriented. These emotions are as healthy as they are human. These feelings are not things to get over, but a process of learning to live while grieving. It is important to your emotional health to surround yourself by those from whom you draw comfort: family, friends, your community of faith, a counselor or a support group like Healing While Grieving.

Healing While Grieving, a support group for people living with loss and grief, meets for an hour on alternating Mondays. Group sessions are facilitated by a Franciscan Healthcare chaplain who has been professionally trained to accompany people experiencing deep grief and emotional suffering.

## 2019 Schedule – Alternating Mondays from 5:30 to 6:30 p.m.

Discussion Topic	Session One	Session Two
Good Grief: Group Introduction and Formation	February 4	July 8
Grief as Recursive Process: Will I Ever Feel Better?	February 18	July 22
Grieving in the Company of Happy Family and Friends	March 4	August 5
Good Grief: Towards Healthy Mourning	March 18	August 19
Anamnesis: Rituals of Re-member-ing	April 8	September 9
Grieving and Depression: Am I Sad or Sick?	April 22	September 23
Grief and Wellness: Taking Care of Body and Soul	May 6	October 7
Grief and Spirituality: When is God in Grieving?	May 20	October 21
Anniversaries and Holidays: Creating New Traditions	June 3	November 4
Good Grief: Healing While Grieving	June 17	November 18

### Mayo Clinic Health System – Franciscan Healthcare in La Crosse

700 West Avenue South, Hospital Building  
Lang Conference Room, First Floor, by the Market Place Restaurant.

### Spiritual Care, Ethics, and Humanities in Medicine

For more information call 608-785-0940, ext. 22218.

