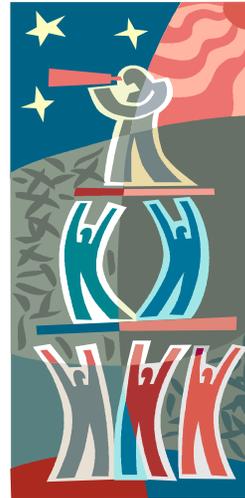


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“There is no way out of grief, only through grief.
Only by letting ourselves experience grief can we move beyond it. Beyond—not to the old way of being what was once “normal”; not to denial of our hurt; not to resentment and bitterness. But beyond to fully integrating loss into our life to richer understanding, renewed purpose, deeper spirituality, rebirth.”

-Karen Katafiasz



Sponsored by
Wyoming County
Office for the Aging
8 Perry Avenue
Warsaw, NY 14569

Phone: 585-786-8833
1(800) 836-0067
E-mail:
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Wyoming County
Bereavement
Support Group

"There is no grief like the grief that does not speak."

— *Henry Wadsworth Longfellow*



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The Bereavement Support Group was started by **Frank Wood**. He was a retired teacher from Pioneer Central School and he himself experienced a great loss with the unexpected death of his wife, Diane. Through his journey and because of a wonderful support group in Livingston County, Frank offered to help us bring this much needed group to Wyoming County. His plan was to be available each week to help guide you through your process and give you some tried and true coping skills to help you in this difficult time. Members of the support group validate each other's experiences, console, comfort, and support each other. They are encouraged by example, educate by sharing and accept each other as fellow human beings with similar problems. During group sessions, you will be given permission to grieve, be provided a confidential, non-threatening atmosphere to share, gain supportive networks, and provided with the opportunity to remember both positive and negative things about your loved one.

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To ease another's heartache
is to forget one's own.-Abraham Lincoln



The group meets on
the first and third Monday
of each month
from 1:30 pm to 3:00 pm

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We will be meeting at:

Wyoming County
Office for the Aging
8 Perry Avenue
Warsaw, New York 14569



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*New members are welcome to
join us anytime

“Be with those who also are
grieving. As you tell your
stories, you will share an
understanding of the heart
that is deeper than words.”
-Karen Katafiasz

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