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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



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Sponsored by
Wyoming County
Office for the Aging and
Wyoming County
Mental Health Department

Group Facilitator:
Jenelle VonBuren
Contact Information:
Phone: 585-786-8871
E-mail:
jvonburen@wyomingco.net

Or Contact the OFA
officeaging@wyomingco.net

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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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What to expect:

- Short Daily Reading
 - Check-in
(welcome new members, introductions, and a feeling check-in)
- * Note—talking is NOT required*
- Opportunity for open discussion
- Weekly topic and discussion (occasional handouts/worksheets)
 - Wrap-up

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.

"To ease another's heartache is to forget one's own."



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

We will be meeting at:

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

"We bereaved are not alone. We belong to the largest company in all the world--the company of those who have known suffering."
— Helen Keller,
We Bereaved

*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