

Bereavement Support Group

Overview: This group is set up to provide opportunity for persons who have experienced the loss of a loved one within the last 12 months. It is a small discussion group where participants can share their grief with others who have also lost their loved ones.

Purpose: This group is NOT a therapy group nor is it intended as "therapy." The group's objective is to promote healing and growth following the loss of a spouse, parent, sibling, child or other significant person in their life. This will be accomplished by participants' learning about grief and its manifestations, by sharing their experiences in coping with loss, and by moving to a stage of reconciliation and hope in their lives.

Format: The group of 8-12 participants will meet once a week for seven weeks. Each session will last two hours. There is no charge for the program but those who sign up are expected to attend regularly and to actively participate in the discussions. No new persons will be added to the group once the sessions begin. If there is enough interest, additional bereavement support groups will be formed in the future.

Facilitators: The group will be facilitated by Tom and Lynn Uchison, members of the Our Lady of the Desert Conventual Church. Tom is retired after a 35-year career in the community mental health field. Trained in social work, Lynn has provided social services to the military and their families. She has coordinated social services programs for elderly and disabled people.

My eyes fill with tears. What shall I do? Where shall I go? My body has been bitten by the snake of "absence" and my life is ebbing away with every beat of my heart. —

Miradi

When: January 7, 14, 21, 28; February 4, 11, 18, 2010
10:00 am—12:00 Noon

Where: Palo Verde Room, Redemptorist Renewal Center

Cost: \$10.00 program/materials ; Optional lunch \$10.00 per meal
For those who wish to have lunch, preregistration is required.

Please call for registration: 520. 744-3400 x 110, or write: office@desertrenewal.org

REDEMPTORIST RENEWAL CENTER

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...a desert spiritual life center