

ALWAYS REMEMBER...

- You can survive; you may not think so, but you can. It will take as long as it takes.
- You may feel appropriate anger at the person, world, God, or yourself. It is okay to express it.
- Don't be afraid to cry. Tears are healing.
- Anger, guilt, confusion, and forgetfulness are common responses. You are in mourning.
- Physical changes are also normal. You may experience a change in appetite, difficulty sleeping, headaches or stomach aches.
- You may feel guilty for what you think you did or did not do.
- Give yourself time to heal.
- Set your own limits and learn to say no.
- Give yourself permission to get professional help.
- Call on your personal faith or delve into your religion/spirituality to help you through.
- Everyone grieves differently – especially in your immediate family. Be kind to each other.
- You are not alone. Help is out there for you.

*Adapted from Iris M. Bolton

HELPFUL Books & Websites



BOOKS

- *A Widow's Guide to Healing* by Kristin Meekhof
- *After the Death of a Child: Living with Loss Through the Years* by Ann K. Finkbeiner (adult)
- *The Courage to Grieve* by Judy Tattelbaum (adult)
- *Healing After Loss: Daily Meditations for Working Through Grief*, by Martha Whitmore Hickman
- *The Invisible String* by Patrice Karst (children)
- *It's Okay that You're Not OK* by Megan Devine
- *Men and Grief: A Guide for Men Surviving the Death of a Loved One* by Carol Staudacher
- *Peace at Last: Stories of Hope and Healing for Veterans and Their Families* by Deborah Grassman
- *Preparing the Children* by Kathy Nussbaum (family)
- *Tear soup: A Recipe for Healing After Loss* by Pat Schwiebert (family)
- *When your Pet Dies* by Alan Wolfelt (family)
- *Why Suicide-200 of the Most Frequently Asked Questions* by Eric Marcus

LENDING LIBRARY

Omega House – includes grief support brochures, books, CDs, and DVDs.
Please call 906-482-4438.



WEBSITES & FACEBOOK GROUPS

WEBSITES

- www.childrengrieve.org/resources - National Alliance for Grieving Children offers resources for families to support grieving children.
- www.dougy.org - Variety of grief support resources and education.
- www.good-grief.org/resources - Good Grief provides a wide range of resources for grieving individuals.
- www.mastersincounseling.org/guide/loss-grief-bereavement - Masters in Counseling provides a resource list for various websites that assist with grief.
- www.caringinfo.org/planning/grief-loss - National Hospice and Palliative Care sponsored website.
- www.eventbrite.com/cc/st-croix-hospice-grief-support-1149799 - Webinars on grief topics.

FACEBOOK PAGES

- Grief and Joy Coexist
- Keweenaw Grief Support
- Omega House

“Death leaves a heartache that no one can heal. Love leaves a memory that no one can steal.”
Irish Tombstone

Bereavement Support



We are so sorry for your loss.
“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

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BEREAVEMENT SUPPORT GROUPS

Fourth Tuesday Grief Support - HOUGHTON

is a free open support group held at 5:30pm in the St. Ignatius Education Center, Houghton. To register contact Julie Beck, Grief Support Specialist at: 906-482-1633 or jbeck@up.net.

GriefShare - DOLLAR BAY is a nationally known 13-week immersive support program. Sessions include a weekly video featuring experts on grief recovery topics, followed up with small group discussions about the video and how participants are coping with a loved one's death. Each session is self-contained so members can come at any point. This free nondenominational program is hosted by Bethany Baptist Church, 48544 Main St, Dollar Bay.

For more information and/or to register, visit www.griefshare.org or email bethany@bbcincchrist.org

Grief In Motion is a therapeutic offering to assist those struggling with their grief through gentle intentional movements. Participants use the power of movement, breath, and sound to release their pain. To participate, contact Roberta Rosenberger at: 906-281-7219

Grieving Parents - HOUGHTON meets on the 1st Saturday of each month from 11:00am - 1:00pm at St. Ignatius Church, Houghton. The group starts with support and conversation and ends with a potluck meal. If interested in attending the group or being included in their private Facebook page, please contact Brian Hoduski at 906-231-1832 (cell) or Tammy Hoduski at 906-231-7071 (cell). Offerings are open and free to grieving parents and grandparents.

Grieving Widows - CALUMET meets on the 2nd Saturday of each month from 11-11:30am for mass and 11:30-12:30pm for a light lunch and grief support. This is a free support opportunity hosted by Sacred Heart Church (56512 Rockland St, Calumet). All grieving widows welcome. RSVP to the church office: 906-337-0810.

Healing through Journaling discover how journaling can help on the healing journey. Emilie Lancour, an author and widow, offers guided journaling activities through her email series, workshops, and 1:1 sessions. Emilie is also the owner of Calm Water Writing. Connect with her through local and virtual events, calmwaterwriting.com, the fb group 'Grief and Joy Coexist', and her published books on Amazon.

Michigan State University Extension - VIRTUAL offers individuals and groups a variety of research and evidence-based programs to assist with the grieving process. Participants receive free access to an online curriculum series in areas such as Tai Chi, Stressless with Mindfulness, RELAX Alternatives to Anger, Sleep is for Everyone, etc. One-time group presentations are also available. Feel free to contact Anita Carter at carte356@msu.edu or connect online https://www.canr.msu.edu/food_health/learn-more-refer-to-our-programs

Suicide Bereavement Support Group - BARAGA offers support for anyone 18 and over who has lost someone to suicide. The group meets on the 1st Tuesday of the month from 5:30-7:00pm at Lakeside Covenant Church, 111 Pennock Ave, Baraga. Please call Ann Marie to register for the group at 906-353-4506 or contact by email annmarie.amslers@kbic-nsn.gov.

Third Thursday Community Grief Support Meeting - HOUGHTON & VIRTUAL is a free offering sponsored by the Omega House from 5-6:00 pm every 3rd Thursday of the month. Participants can join in person at the Omega House or virtually. To receive log in and phone information, call or text Cynthia Drake, Omega House Grief Support Educator at: 906-370-6686 or email: cynthia.drake@omega-house.org

INDIVIDUAL COUNSELING/SUPPORT

Copper Shores Community Support and Outreach – has a list of area individual and family clinicians. Visit <http://coppershores.org/resources>

Omega House - Individual one-hour grief support sessions are offered by Cynthia Drake, Grief Support Educator. In person and virtual options available. To schedule, call or text Cynthia at: 906-370-6686 or email: cynthia.drake@omega-house.org

COMMUNITY GRIEF EDUCATION

Omega House facilitates group conversation and provides grief information through a service called "Courageous Conversations." This service is available to any business, non-profit, and organization in the community. Interviews, panels, and online workshops are also possible. To schedule a time, please contact Cynthia Drake at 906-370-6686 or email cynthia.drake@omega-house.org.

SUPPORT DURING THE HOLIDAYS

GriefShare: Surviving the Holidays is a two-hour seminar for people facing the holidays after a loved one's death. This free nondenominational program is hosted by Bethany Baptist Church, Dollar Bay. For more information and/or to register call or email the church office at (906) 482-6940 bethany@bbcincchrist.org