



***A New Morning  
Bereavement Group***

A service of:



For more information  
**Call (419) 238-0200**

***A New Morning Bereavement Group***  
A service of:  
Community Health Professionals  
1159 Westwood Dr.  
Van Wert, OH 45891

## *A New Morning Bereavement Group*



**A New Morning** is a group especially for men and women who have recently experienced the death of a loved one.

Through sharing similar circumstances, the group provides emotional support and encouragement to bereaved individuals.

**A New Morning** helps the bereaved cope with isolation and loneliness by providing them an opportunity to meet together and develop relationships in and beyond the group setting.

By sharing experiences--along with books, videos, audio tapes, and other resources--group participants develop a better understanding of the grieving process.

## **How Follow-up Care Can Help You In Your Grief**

- It can provide education about the grief process and what you might expect to happen during your period of bereavement.
- It can teach you new ways to cope with the stress of loss and grief.
- It can provide help in becoming involved in a new life and seeking out new support persons, groups and activities.
- By simply knowing someone is available in time of need, you may feel relieved and more secure about your situation.

## **As a Way to Help Yourself, We Encourage You to Become Involved In These Ways**

- Sharing your thoughts and ideas out-loud can often help you gain a better perspective and effect your feelings of loss.
- Discussing painful feelings such as despair, anger or guilt is a way to reduce their intensity.
- Reminiscing about your loved one will help you to gain a better perspective on the relationship that you shared together.
- Discussing with someone the changes you are experiencing in your life may ease the transition to a new beginning.

**A New Morning** is offered free of charge to anyone in the community who has experienced the loss of a loved one.

The group is NOT a structured support group, but an informal gathering for conversation.

Group meetings are held the **second Saturday of each month**, 9:30 a.m. at Community Health Professionals, 1159 Westwood Dr., Van Wert.

For more information, call (419) 238-0200.

*Helping you find **hope** and **renewal**  
in this difficult season of life...discover*

***A New Morning***



## **Grief Is Like A River**

*My grief is like a river--  
I have to let it flow.  
But I myself determine  
Just where the banks will go.*

*Some days the current takes me  
In waves of guilt and pain.  
But there are always quiet pools  
Where I can rest again.*

*I crash on rocks of anger--  
My faith seems faint indeed.  
But there are other swimmers  
Who know that what I need*

*Are loving hands to hold me  
When the waters are too swift.  
And someone kind to listen  
When I just seem to drift.*

*Grief's river is a process  
Of relinquishing the past.  
By Swimming in Hope's channels  
I'll reach the shore at last.*

-Unknown