



BEREAVEMENT SUPPORT STRIVES TO HELP YOU TO:

- * Feel supported
- * Provide a confidential and safe space to create bonds
- * Increase your understanding of the Grief Process
- * Learn to recognize normal signs of grief and normalize and support your emotional pain
- * Share memories in a nonjudgmental atmosphere
- * Recognize, accept, and express feelings, non-judgmentally
- * Learn to recognize and identify your reactions to stressors brought about by the death
- * Develop and enhance healthy ways of coping
- * Enhance and develop support networks
- * Identify ways to memorialize the person who died
- * Recognize both your strength and limitations
- * Learn to recognize when additional support or therapy would be beneficial
- * Begin to reinvest in life