

Grief is a normal, emotional, physical and spiritual response to loss.

As you grieve the loss of a loved one, you may wonder if you are the only one having problems with grief. Routine tasks may become more difficult. You may notice that you no longer have an appetite and sleep doesn't come easily. And some days, you may wonder if you are going "crazy." These are normal feelings associated with grief after the death of a loved one. Yet, you may feel that you would like a helping hand in your grieving process.

Many who hurt because of the death of a loved one recognize there is comfort, healing and encouragement when people who have faced similar events in life gather together and share their own experience and feelings in a non-threatening and supportive setting.

Bereavement Support, sponsored by Faith Regional Health Services, will meet in the Sandhills Room at Faith Regional's East Campus, located at 1500 Koenigstein Avenue. The seven-week series will be held on Tuesday evenings, April 6 through May 18, at 6:30 p.m. **Bereavement Support** will provide a safe place for you to process your own grief, receive support from others who have experienced loss, and learn ways to effectively cope with the work of grief.

If you would like more information or have any questions, please feel free to contact Rev. Dale Pracht, BCC at (402) 644-7559 or Rev. James Wonnacott, BCC at (402) 371-4880, ext. 6160.

To register, please complete the attached form.



Bereavement Support Registration

Name: _____

Address: _____

Phone: _____

Type of loss: _____

(e.g., death of spouse, child, sibling, friend, parent)

Date of loss: _____

_____ Yes, I would like to register for Bereavement Support.

_____ I cannot attend this series; please put me on a mailing list for the next series.

Pre-registration is required. There is a limit to the number of participants. Please return this registration form to the address below by March 30, 2010.

Department of Spiritual Care
Faith Regional Health Services
2700 Norfolk Avenue
Norfolk, NE 68701

