



Befriending Grief: Grief Support Group

**Please join us for this Grief Support Group
Second Monday of every month
Beginning September 13 at 6:00 p.m.
UpliftedCare Community Grief Center
3115 N. 1000 West Rd. Boubonnais, IL 60914**

Grief changes us. We don't get over it. It doesn't lessen over time. We grow around it. We are forced to accommodate it into our lives and our internal landscape is forever changed. But how do we befriend our grief? How do we learn to survive inside the pain? How do we allow the reality of our grief to exist within us without resistance?

Studies reveal that avoidance of our pain not only prolongs, but intensifies our distress. When we are willing to sit with our pain, our grief, we create space for greater awareness, processing, and integration.

Befriending Grief is an open support forum for bereaved persons. It is a safe place for those experiencing grief to come together in a space where their grief will be companioned, seen, witnessed, held, and honored. Together, in each meeting we will share and process. When appropriate, this forum will also incorporate some education and tools/techniques to support you in befriending your grief.

All are welcome to attend, no matter where you are in your grief journey.

**Call UpliftedCare today to register.
Office Hours - 8:30-4:30 - 815.939.4141**

*Ask to speak with Tyiesha Wade, Bereavement Intake Coordinator, and she will give group instructions.
You can also email her anytime at wadet@upliftedcare.org*

