


# OPEN MONTHLY SUPPORT

WELCOMES ANYONE WHO HAS LOST A LOVED ONE – NO COST – NO APPOINTMENT

<p><b>SUPPORT &amp; SHARE NIGHT</b>  <b>Wednesday Nov. 9<sup>th</sup> 2011</b>  <b>7:00 to 9:00 PM</b></p>	<p><b>CANDLELIGHT SERVICE</b>  <b>Wednesday Dec. 14<sup>th</sup> 2011</b>  <b>7:00 to 9:00 PM</b></p>	<p><b>SUPPORT &amp; SHARE NIGHT</b>  <b>Wednesday Jan. 11<sup>th</sup> 2012</b>  <b>7:00 to 9:00 PM</b></p>
<p><b>HOLIDAY HOPE</b>  <b>Means to Practice the 5 C's</b>  <b>with Barry MacDonald</b></p> <p>How can I get through the holidays? There is no single answer - Christmas can be painful. Tonight's presentation will walk you through five practical means which can help you.</p> <p><b>Followed by small group support</b></p>	<p><b>CANDLELIGHT REMEMBRANCE SERVICE</b>  <b>@ Knox St. Paul's United Church</b>  <b>Everyone is welcome.</b>  <b>Non-denominational service.</b></p> <p>See page 3 for details</p> 	<p><b>SURVIVING DEATH: STORIES OF GRIEF</b></p> <p>We will view this video of real stories of grief that offer truth, yet hope to bereaved individuals. The stories deal with a variety of losses, including loss of parent, spouse, child and sibling. Seven people reveal how they have been affected by the death of someone close to them. The video was created by the National Film Board of Canada.</p> <p><b>Followed by small group support</b></p>
<p><b>ADULT AFTERNOON SUPPORT</b>  <b>Tuesday Nov. 29<sup>th</sup> 2011</b>  <b>1:00 to 3:00 PM</b></p>	<p><b>ADULT AFTERNOON SUPPORT</b></p>	<p><b>ADULT AFTERNOON SUPPORT</b>  <b>Tuesday Jan. 31<sup>st</sup> 2012</b>  <b>1:00 to 3:00 PM</b></p>
<p><b>A RAY OF HOPE</b></p> <p>We will review a video by Paul Alexander, a psychotherapist &amp; bereavement specialist, where you will learn ways to be true to yourself during a holiday season or any day you honor as a special day of remembrance. This video provides practical suggestions to face the holiday season following a loss.</p> <p><b>Followed by small group support</b></p>	<p><b>There will be no afternoon support group in December due to the Centre being closed between Christmas and New Year's.</b></p>	<p><b>GRIEF: A JOURNEY OF DISCOVERY</b></p> <p><i>In Grief: a journey of discovery</i>, John Kennedy Saynor accompanies the viewer on the unique journey through grief. John encourages us to take the road less traveled on the grief journey and gently empowers the viewer to understand that the journey through grief will take time, energy and determination.</p> <p><b>Followed by small group support</b></p>

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**CELEBRATING AS USUAL:** Many people wish to keep their holiday traditions intact, to celebrate as usual. This way is bound to be painful, accentuating the gap left by the loss. It is fine to follow family traditions as long as you know they cannot be the same as before.

**AVOIDING THE HOLIDAYS:** It's not wrong to want to avoid Christmas or other holidays entirely. If celebrating seems too difficult to bear, you can choose not to observe the holidays and go somewhere else—skiing, a cruise, a resort, a different city. If you cannot afford to travel, go to the zoo or the movies or some other distracting place. There is no guarantee that this will erase your pain, but it may lessen it some.

**YOU WILL SURVIVE THE HOLIDAYS:** You may hurt, but you will survive. The holidays may be the worst of your grief time. Eventually, you will heal and your memories will persist without pain. Meanwhile, it's OK not to have a good time. There may be no way you can make this holiday fun and nothing you want to do. Allow that you may not enjoy the parties, reunions and events of the season. If you are hurting and unable or unwilling to have your attention on anything else, let yourself be. It is also OK to have a good time, even though you have experienced a loss. You do not have to deny pleasure to yourself or your family. While grieving, we often feel guilty about having fun, as if we should be miserable all twenty four hours of a day. That is not necessary. Often, we think it is how much we grieve that signifies how much we care about the one who died. Not true! Our love is not measured by the extent of our grief. We can love forever without having grief as our testimonial to that love. Remember, few of us would want others to be forever bereft because we were gone. Perhaps the best testimonial we can give to our missing loved ones is how we live our lives. Don't deny yourself life because someone has died. If you can do so, enjoy the holidays and every day, for death teaches us, more than anything, that every day of life is precious and worth living to the fullest. The best gift we can give ourselves and others for the holidays and every day is to live our lives wholeheartedly.