


OPEN MONTHLY SUPPORT

WELCOME EVERYONE WHO HAS LOST A LOVED ONE – NO REGISTRATION – NO COST

<p>SUPPORT & SHARE NIGHT Thursday November 13th 7:00 - 9:00 PM - Doors open 6:30</p>	<p>CANDLELIGHT SERVICE Wednesday December 10th 7:00 - 9:00 PM - Doors open 6:30</p>	<p>SUPPORT & SHARE NIGHT Thursday January 8th 7:00 - 9:00 PM - Doors open 6:30</p>
<p>HOLIDAY HOPE Means to Practice the 5 C's 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. Speaker to be announced Followed by small group support</p>	<p style="text-align: center;">  CANDLE LIGHT SERVICE See page 3 for details</p>	<p>GRIEF WORK with Robert Billard, B.A., B.S.W., R.S.W. with Cornwall Community Hospital Day Treatment Centre. Grief is a painful process. It's the work we must do to come to terms with loss. Robert will review the grief process and provide you with helpful suggestions on how to help yourself journey through your loss. Followed by small group support</p>
<p>ADULT AFTERNOON SUPPORT Tuesday November 25th 1:00 to 3:00 PM</p>	<p>ADULT AFTERNOON SUPPORT</p>	<p>ADULT AFTERNOON SUPPORT Tuesday January 27th 1:00 to 3:00 PM</p>
<p>A RAY OF HOPE Video by Paul Alexander – Xmas is a painful reminder of the loss. In this video presentation you will learn ways to be true to yourself during the holiday season. Followed by small group support</p>	<p>Afternoon Support Group for December is not available due to the Centre being closed between Christmas and New Year</p>	<p>RAINBOW'S REMEDY Video by Eloise Cole – will gently guide you through the stunning shock and emptiness following the death of a loved one and help you toward new horizons of hope. Followed by small group support</p>
<p>BEREAVEMENT & RESOURCE CENTRE is open from 9:00 a.m. to 4:00 p.m. Monday to Friday. No appointment is necessary to visit the Centre for support, resources and info on healthy grieving. All services are provided free of charge</p>		

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: Its 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.