

*We need not walk  
alone...*

*We reach out to each  
others  
with love and  
understanding  
and with hope...*

*We come together from all  
walks of life, from  
many  
different  
circumstances...*

*We need not walk  
alone.*

*Credo, The  
Compassionate Friends*

## Stepping Stones Grief Support Group

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### Fees

There is no fee charged to  
attend the support groups.  
However, donations received are  
used to develop  
our lending library, to  
purchase or rent materials for  
our monthly programs,  
and to cover the cost of  
guest speakers and mailings.

## Stepping Stones Grief Support Group



Helping You Step  
Back Into Life's  
Sunshine

A Non-profit  
501(3)c  
Organization

## Grief is Hard Work

Few people think of grieving as hard work. Most people who have experienced the death of a love one feel tremendous fatigue at times in the grief process. The reason for this is that grief is hard, relentless, and constant work.

When we do housecleaning, work in our garden, or do our work on the job, we can usually take a breath when we feel the need. We step back, walk around a little, change our focus for a moment, or just relax. With grief and sorrow, there are no breaks. The loneliness is always there with no breaks. The loss is present, if even in our subconscious. The hurt waxes and wanes but never really leaves. No breaks. No time-outs. Just constant and hard work. Of course, this is fatiguing to anyone.

The work must be done. No one can escape it. But the good news is that those who are hard at work in grief can share their burden and lighten the load.

(Adapted from an article by Pastor Carl Kruegar)

## We Want To Help

The Stepping Stones Grief Support Group is a support group that has been formed to meet the needs of the bereaved in Uniontown and surrounding areas. It will offer all those who mourn the opportunity to share their loss, assist in the hard work of the grief process, and gain new direction in their lives. The group is made possible by the cooperation of health care professionals, clergy, funeral directors, and other caring individuals.

The group is open to men, women, and children whose common bond is grief following a significant loss. Meetings will be held the second Monday of each month at 7 p.m. at the Fayette Mental Health Center. Also in the winter and fall with the Newly Bereaved Sessions ( Call for Dates and times). At the monthly meetings, participants support each other emotionally, share information and concerns, or learn from guest speakers how, together, each can find his or her own strength and begin a new life.

## Ground Rules for Meetings

- Each of your experiences are unique and valid. No one is here to criticize or analyze.
- Feel free to share or not share your feelings or experiences. We will not probe. If you have a similar experience and care to talk about it, feel free to do so.
- It's okay to cry—there are tissues available and we ask that you be sensitive to your neighbor's needs. We ask your permission to cry too.
- It's okay to express anger even toward God. Loosing someone you love hurts. God can take it.
- If you feel the need to leave, feel free to go. One of us will follow you out of the room to be sure that before you leave you are ready to drive.
- The group time is not intended as a time for medical advice—if you have medical questions, we will respond with a referral after the meeting.
- Should you wish to share a bad experience you have had with a hospital, nurse, or doctor, feel free to relate the experience. We would ask that you not use the name in the discussion.
- A tape recorder, if used, will be on for the speaker's presentation only.
- After the short presentation, you may respond to what the speaker has said or open with anything you wish to discuss. We encourage you to respond to each other.
- To respect the privacy of each person, we will not discuss, except among group members, the content of these meetings.