

AFTERCARE PROGRAM

BEYOND LOSS SUPPORT WORKSHOP >>>

"If one is old enough to love, one is old enough to mourn."

▶ *Dr. Allen Wolfelt*

"Only people who avoid love can avoid grief. The point is to learn from it and remain vulnerable to love."

▶ *John Brantner*

Most people can count on emotional support and understanding that they will receive from family, friends, neighbors and their congregations immediately before and after funerals or memorial services. However, when the condolence calls stop, the real grieving may begin.

The Beyond Loss Support Workshop is for survivors who have experienced the loss of a family member or friend through physical death. The group focuses on working through the grief resulting from the loss and on becoming reconciled to the loss through acceptance.

THE PURPOSE OF THE SUPPORT WORKSHOP >>>

- To educate and to allow understanding to come forth in a heartfelt, working, supportive environment.
- To promote oneself in moving toward a reconciliation of your grief.

MATERIALS AND FACILITATORS >>>

The materials used for the Support Workshop have been provided by the Center for Loss and Life Transition. The facilitators for the Support Workshop are an experienced, semi-retired pastor and a licensed social worker who are very familiar with losses in life and in the lives of many individuals and families.

GUIDELINES FOR THE WORKSHOP >>>

Our aim is to work on ourselves, to give mutual support and to practice non-judgmental listening and sharing. All information shared in the group will remain confidential. We recognize that each person's grief process is important and unique. We respect each other as unique. We share what works for us and others rather than giving advice. Members are encouraged to participate, but not pressured to do so.

TOPICS FOR EACH SESSION ▶▶▶

1. Welcome, Orientation and Start-up
2. Open to the Presence of your Loss
3. Dispel the Misconceptions About Grief
4. Embrace the Uniqueness of your Grief
5. Explore Your Feelings of Loss
6. Recognize You Are Not Crazy
7. Understand the Six Needs of Mourning
8. Nurture Yourself / Reach Out for Help and to Help Seek Reconciliation, Not Resolution. Appreciate Your Transformation
9. Where Can I get Help?

HOW TO SIGN UP TO PARTICIPATE ▶▶▶

A support workshop will be offered whenever a group of ten participants have applied and been interviewed. If you are interested in participating in a Beyond Loss Support Workshop, please send a request by mail to the home residence of our Director of Aftercare:

Phil Friedeman - Director of Aftercare
WARREN-McELWAIN MORTUARY
120 W. 13th St.
Lawrence, KS 66044-3402
785-843-1120 - Office
785-843-5339 - Home
785-843-1227 - Fax

OR Call in your request to our Director of Aftercare at his home phone number: **(785) 843-5339**

COVERAGE OF COSTS ▶▶▶

Warren-McElwain Mortuary will provide for the cost of preparation steps, advertising and the facilitator. Participants will be expected to provide a one time fee of \$20.00 to cover costs of the materials and a special notebook. Participants will also have the option to purchase the paper back text for the workshop for \$10.00.