Dear Pathways Bereaved Family Member,

In the time since your loved one has died, you have undoubtedly experienced a number of different feelings. You may be asking yourself if these feelings are normal or “right.” Although you probably expected to feel a deep sense of sadness or loss, you may be surprised to find other feelings surface, such as anger, guilt or relief.

When something happens outside of our control, we may feel frustrated, cheated or angry. Certainly, the loss of an important person in our lives confronts us with a sense of helplessness and may leave us feeling abandoned. It is not unusual to experience anger at the person who has died. Our attempt to understand and make sense of death may trigger feelings of guilt and regret. We may find ourselves wishing we could have done something differently.

Relief, on the other hand, may come from knowing that your loved one is no longer suffering and what may have been a long and difficult time for your family has ended. It is normal and natural to feel relieved; it does not mean you are not grieving enough.

Learning more about the experience of grief allows us to have a more accepting attitude toward our own changing feelings. The Pathways Library offers current books about loss and grief. Please visit our counseling center and feel free to borrow any that you find of interest. One suggested reading is a book called The Courage to Grieve by Judy Tatelbaum. Learning that others have felt the same way and have survived may bring you some comfort.

Sincerely,

Pathways Bereavement Team

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**Special Events**

**Wreath Making**
Saturday, December 9
10:00 a.m. - 2:00 p.m.
$15 per wreath and $45 for 3 or more

**Vision Mapping**
Saturday, January 20
10:00 a.m. - 1:00 p.m.
Cost: $15
Adult Support Groups

Registration is required online at www.pathways-care.org. While there is no cost to attend these groups, we do suggest a donation of $10 per group.

On Our Own

This ongoing group offers an opportunity to find practical guidance and hope after experiencing the death of a spouse or life-partner.

Nov. 8, Dec. 13, Jan. 10; 1:00 p.m. - 2:30 p.m.

Support groups with a nominal fee

Living With Loss

This support group is for anyone coping with the loss of a loved one. Attendance at all sessions is required. A new group begins every month.

Nov. 2, 9, 16, 30; 3:30 - 5:00 p.m. (No session on Thanksgiving 11/23)
Jan. 4, 11, 18; 3:30 - 5:00 p.m.

Special Events

Wreath Making - Saturday, Dec. 9th 10:00 a.m. - 2:00 p.m.  Cost: $15 per wreath and $45 for 3 or more

Today, most people no longer speak “the language of flowers”. But we still recognize wreaths as a powerful symbol of our emotions. The choice of flowers shows our feelings, while the wreath shape shows that we are honoring the deceased. Some people also see the wreath as a symbol of eternal life, or the cycle of life and death, because of its circular shape.

Adults and families are invited to join us in making a memorial wreath.

Vision Mapping - Saturday, Jan. 20th 10:00 a.m. - 1:00 p.m.  Cost: $15

This workshop, facilitated by art therapists, will help participants who may feel lost create a vision map to help guide them forward. This technique helps to focus on clarifying dreams, goals and hopes for the road ahead. All supplies are provided and participants are welcome to bring additional items to add to their vision boards.

Registration is required for all groups. Please visit www.pathways-care.org