

Transitions Bereavement Support Group

The death of a life partner is well recognized as an emotionally devastating event, being ranked on life event scales as the most stressful of all possible losses. The intensity and persistence of the pain associated with this type of bereavement is thought to be due to the quality of marital bonds linking husbands and wives to each other. When you lose a spouse, you not only lose a romantic partner, but also a best friend, a confidant that you share life experiences with, and the main person, who makes you feel special, important, and unconditionally loved. Coping with this profound loss can feel unbearable and very lonely.

Although there is no data to imply that all bereaved people need or want formal interventions, support groups can provide bereaved individuals with a place to tell their story and talk openly about their loved one. They can provide a safe setting for bereaved individuals to be authentic as they grieve and work through some of their grief, especially when there may be few places in which they can get this type of support. By introducing people to others who are going through a similar experience, support groups offer a way in which to “normalize” the grief experience and validate the feelings of those grieving. Groups can offer participants opportunities to learn new roles, new ways of problem-solving or coping by being involved in discussions with the group facilitator and listening to the experiences of others.



**“Your wings were ready
but my heart was not”**



Support Services for Older Adults

200-280 Smith St
Winnipeg, MB
R3C 1K2

Transitions Bereavement Support Group for Widowed Adults 55+

September 22, 2021 – October 27, 2021
Via Zoom



Support Services for Older Adults

**Join us on Wednesdays
from
September 22, 2021
to
October 27, 2021
from
10:00 AM - 12:00 noon
Via Zoom**

(the Zoom app. Is accessible to participants on their Smartphones, ipads or home computers.)

Goals:

- ♦ To provide a safe setting for sharing stories of loss with others
- ♦ To validate and affirm the feelings and experiences of the newly-bereaved and offer hope
- ♦ To promote the development of new coping skills
- ♦ To alleviate the isolation and loneliness that may be part of the grief experience

Topics/Sessions:

**Week 1:
Introduction:
Exploding the Myths and Misconceptions
about Grief and Grieving**

**Week 2:
Ripples in a Pond - Primary and
Secondary Losses**

**Week 3:
Riding the Roller Coaster of Emotions**

**Week 4:
Surfing the Waves**

**Week 5:
The Butterfly Effect - Transformation**

**Week 6:
Quo Vadis - Setting Goals,
Finding a New Purpose**

To register for this group
or for more information
please contact

Intake at
204-956-6440



A & O Support Service for Older Adults

Phone: 204-956-6440
Fax: 204-946-5667