

Community Bereavement Support Groups

Diocese of San Jose through San Jose Catholic Cemeteries

Solace: Soul + Grief - offers grief support and grief journeying with spirituality.

Candee Lucas, Chaplain 650-428-3730 ext. 502
candeelucas@dsj.org

Kara

Counseling and other emotional support services are provided for those who are grieving the loss of a child. Programs for adults, groups, school programs, and children's grief.

650-947-5272, www.kara-grief.org

Hospice of the Valley

Bereavement services are open to the general public.
408-947-1233,
www.hospicevalley.org

Pathways

888-947-1233 or 408-730-5900
www.pathwayshealth.org



Sacred Heart Bereavement Pastoral Care Ministry

13716 Saratoga Avenue
Saratoga, CA 95070
(408) 867-3634



A Time for Everything Understanding Grief



"May I be gentle as I care for myself.

May I be patient with my changes.

May I keep my life simple.

May I stay compassionate with myself."



Deanery Support Groups

We are part of a local Catholic support network for those who grieve a loss. Find some listed below.

Sacred Heart Saratoga

Remembrance Services provide an opportunity for prayer and sharing. Seasons of Hope is a six-week grief support program.

Contact Nancy Crowley:
408-209-6118.

St. Francis Cabrini San Jose

Group Grief Support is provided. Call the Parish office for Date and Time. 408-879-1120

Queen of Apostles

One-on-one support for emotional and spiritual healing around grief.

Contact Shirley Ruzzo:
408-241-1209



A Time for Everything

What Do We Need For Grief?

Time:

Time alone and time with others.

Rest, Relaxation, Exercise, Nourishment, and Diversion:

Grief is an exhausting process emotionally. You need to take care of yourself.

Hope:

Others who have been through the experience may give you hope that sometime in the future your grief will be less raw and painful.

Caring:

Helping a friend or relative also suffering the same loss may bring you closeness with that person, and lessen your own grief.

Faith:

Approach your spiritual or faith leader for support and consolation.

Goals:

Living one day at a time is a general rule of thumb. Guidance or counseling may help with this process.

Small Pleasures:

Enjoy the healing effects of small pleasures.

Patience:

Sometimes after a period of feeling good, you may again feel sadness, despair or anger. Be patient with yourself-grief is a process.

Understanding Grief

Grief is a natural response to loss. Each person's grief is individual. You and your family will all experience the loss and each one will cope with it in a different way. You can depend on those loved ones, and others around you for help.

Crying

Crying is an acceptable and healthy expression of grief. It releases pent-up tension. Cry freely as you feel the need. Physical reactions to the death of a loved one may include loss of appetite or overeating, sleeplessness, and other difficulties. You may have little energy, and find it hard to concentrate. What you may need is a balanced diet, rest and even moderate exercise.



Friends and Relatives

Your friends and relatives may feel uncomfortable while being around you. They want to ease your pain and often do not know how. Talk about your loved one so they will know this is a means of support. Avoid making hasty decisions about your loved one's belongings, and taking major actions such as changing residences or jobs for at least a year. Do not allow others to take control of your future or to rush you. You can do this little by little whenever you feel truly ready.

Guilt

Guilt, real or imagined, is a normal part of grief. It surfaces in thoughts and feelings of "if only." The bereaved may feel they have nothing to live for and may think about a release from this intense pain. Be assured that a sense of purpose and meaning does return; the pain does lessen. In order to resolve this guilt, learn to express and share these feelings, and learn to forgive yourself.

Anger

Anger is another common reaction to loss. Like guilt, anger needs expression in healthy and acceptable manner. Be careful how far you take anger, and remember that it can have a negative effect on those around you. Like guilt, anger can be overwhelming; however, sharing our feelings honestly can be fruitful.

Children and Siblings

Children may also experience the same emotions that you do, so share our thoughts and tears with them. Be sure they feel loved and included during the grieving process. Holidays and anniversaries of your loved one's birth and death can be stressful times for you. Consider the feelings of your entire family in planning the days ahead.

*"We are each of us angels with only one wing, and we can only fly by embracing one another."
— Luciano De Crescenzo*

