



Crisis Response Emotional Support Team

Bereavement Support Group Drop In

Starts September 29, 2011 at 7:00 at the Saddle Lake Eagle Healing Lodge

Transportation is provided and refreshments

This will be a self - help support group and can be very powerful and constructive means of for people to help themselves and each other. The group will be facilitated by one or two Crisis Response Emotional Support Team members. You may attend each week or periodically.

The group can provide:

1. A sense of community and support
2. An empathetic environment and give a sense of belonging when the bereaved person feels disassociated from the rest of the world;
3. The hope that "normality" can be reached eventually
4. Experience in dealing with difficult anniversaries or special occasions
5. Opportunities to learn new ways of approaching problems
6. A sounding board to discuss fears and concerns
7. Gain effective coping skills
8. Experience natural easy to do healing methods that can be practiced everyday