
Grief Share

Support Group *for* Adults Coping With the Sudden Traumatic Death of a Loved One

GriefShare is a support group for adults who are having difficulty coping with their grief and struggling with their feelings following the sudden and traumatic death of someone they care about.

Fall / Winter 2006 Group Schedule:

<p style="text-align: center;">Group 1 Niagara Falls Area:</p> <p><u>Location:</u> Niagara Falls Memorial Medical Center, Floor S-6, Niagara Falls, NY (Free parking available) <u>Dates:</u> Every 1st and 3rd Tuesday of each month <u>Time:</u> 6:00-7:30 p.m.</p>	<p style="text-align: center;">Group 2 Lockport Area:</p> <p><u>Location:</u> The MHA Office at 36 Pine Street, Lockport, NY (Free Parking available) <u>Dates:</u> Every 2nd and 4th Wednesday of each month <u>Time:</u> 6:00-7:30 p.m.</p>
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GriefShare Offers:

- The opportunity for you to express feelings of personal loss and grief.
- Help with understanding your role in supporting family members and friends dealing with loss.
- An opportunity to learn from others who have experienced a similar loss.
- Support, caring, and healing provided in a non-judgmental environment.
- Open group meetings, meaning that anyone can begin attending at any time and stop at any time. Meetings are free of charge, non-denominational and open to all.

For Further Information, contact The Mental Health Association at:
433-3780 ext. 11