



GRIEF WALK

For parents and family members who suffered the death of a child.

Support Groups:

RTS Pregnancy and Infant Loss Parent Support Group

Chesapeake General Hospital
Lifestyle Health and Fitness Center

800 Battlefield Blvd North
Chesapeake, VA
POC Kelly Rockel
757/312-6776

Meets 4th Thursday of each month from 7-8:30 PM
(Nov and Dec they meet the 3rd Thursday)

Empty Arms Support Group

Sentara Women's Health Source
Greenbriar Health Plex
POC Ann Prescott
757/545-2667

meet 4th Monday of each Month
7-8:30 PM

Compassionate Friends

meets at Kempsville Presbyterian Church

805 Kempsville Road
Virginia Beach
3rd Tuesday of each month
at 7 PM; POC Bill & Maureen
Harman 484-8161

Kidz 'N Grief

meets 2nd and 4th Mondays from
6-7:30 PM
POC Beth Pile 757/737-2287

You may *feel* all alone. No one feels the gut-wrenching pain of your grief like you do. Do you have some of these feelings:

- you can't stop the tears
- gloom, depression
- trouble concentrating
- guilt
- hostility, resentment
- inability to return to usual activities

There is **hope**. No one else feels exactly like you do, but there are people who care about you. Talk to your family. Talk to a trusted friend. Tell them what you need.

"I not only live each endless day in grief, but live each day thinking about living each day in grief." From the book, "A Grief Observed."

There is **help**. These people are walking with the wounds of grief. They meet to support each other, to encourage one another, to listen and to give to other sufferers what they desperately wanted.

Websites

Bereaved Families Online
www.bereavedfamilies.net

The Compassionate Friends
www.compassionatefriends.org

Mommies Enduring Neonatal Death
www.mend.org

Bereaved Parents of the USA
www.pomc.org

Parents of Murdered Children
<http://www.bereavedparentsusa.org/>

Alive Alone
www.alivealone.org

Alive Alone is a National self-help network of parents who have lost an only child or all of their children.

The Pastoral Care Department stands ready to listen and to help you. Please call us at 953-5550 to schedule an appointment to speak with a chaplain.