

BRIARPATCH FAMILY CENTRE

MONTHLY NEWSLETTER

JUNE- ISSUE #8

Embracing Healing in Times of Grief

From Our Heart to Yours

As we enter the heart of the year, it's important to recognize that for many, June isn't just about the onset of summer—it's a time touched by the memories of loved ones lost. At BriarPatch, we dedicate this month to understanding and healing from grief.

Understanding Grief: More Than Just Sadness

Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. It's personal, profound, and unique to each individual. Recognizing the various forms grief can take is a step towards healing.



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Coping with Loss: Embracing Your Unique Journey

Grief doesn't manifest the same way for everyone; it's a deeply personal experience that varies widely from one person to another. It's important to remember that there's no "right" way to grieve and no standard timeline for healing. Everyone processes loss in their own time and manner, and that's perfectly okay. Here are some strategies to consider, which might help you find your path through grief:

- **Talk About It:** Share your loss with friends, family, or a therapist. Speaking about your loss openly can help you understand your emotions better.
- **Keep to Routines:** Maintaining daily routines can provide a sense of normalcy and stability.
- **Allow Yourself to Feel:** Grief can involve a range of emotions, not just sadness. Allow yourself to feel whatever comes up without judgment.
- **Seek Support Groups:** Connecting with others who have experienced similar losses can provide comfort and understanding.

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BOOK OF THE MONTH

“Finding Meaning: The Sixth Stage of Grief” by David Kessler This insightful book introduces the concept of finding meaning in loss, providing a new framework for processing grief.

A CLOSING THOUGHT

Grief is a journey—a process not bounded by time. Our dedicated team at BriarPatch is here to support you through every step of this journey. Remember, it’s okay to seek help, and it’s okay to talk about your loss.

You are not alone.



CONTACT US

For more information about our services, including support groups and individual counselling, or to make an appointment, please call us at 587.269.3217.

We are here to help guide and support you through your journey of healing.