

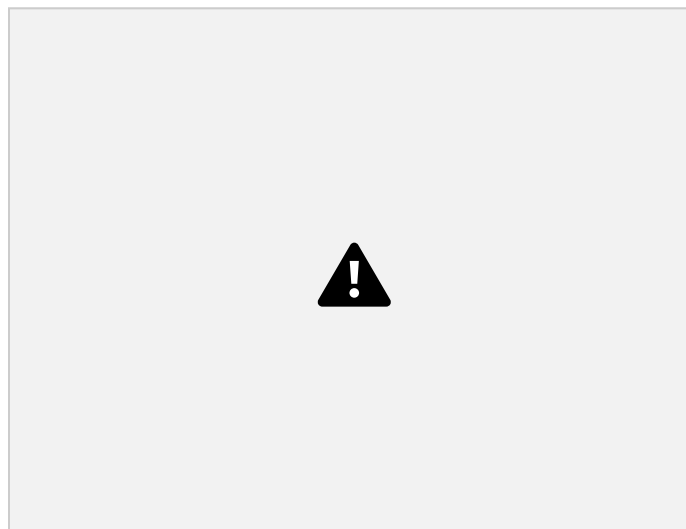


Staying Connected with Garden of Grief Healing!

CELEBRATING ALONG THE WAY

A wise person once told me to take the time to celebrate along the way whether a big or small achievement. Garden of Grief Healing (GOGH) is so pleased to celebrate the **one-year anniversary** of its monthly virtual grief support group. This is a monumental achievement for GOGH knowing that this forum has meant so much to so many and that it is making a difference.

Being able to share your thoughts and emotions about your grief journey or just listening to others can provide comfort to both you and those around you in this virtual community,





BOOK RECOMMENDATION FOR GRIEVING PARENTS –

Gracefully Broken Beautifully Restored is about the perseverance, resilience, and love of thirteen mothers who experience the worst heartbreak imaginable - the loss of a child. In this anthology, these mothers share their stories of how they found the strength and courage, not only to survive their grief journey but to thrive and live life to its fullest. These ordinary, but courageous women, selflessly share their most intimate thoughts and struggles to show other moms how their broken hearts can also be beautifully mended and made whole.

Weekend Grief – The toughest time for many....

Evenings and weekends are tough in grief. It is often when you spent the most time with your loved ones; you went on day trips or weekend getaways. You caught up on shows and ate a meal together. Evenings were spent talking about how good or bad your day went. Weekends meant you could cuddle longer and have more intimate time.

Weekend grief is a real thing. Not looking forward to it is normal because the time you would have spent with them is gone.

Upcoming Events:

- ❖ ***October 8th – GOGH MONTHLY GRIEF SUPPORT GROUP, Virtual, 7:00P – 8:15P EST, NOTE: Registration is necessary and can be done @ www.goghcs.***
- ❖ ***October 9th, Debra Daniels, Virtual Grief Presentation with Mount Tabor A.M.E. Zion Church, Lancaster, SC – ZOOM INFORMATION: Meeting ID: 895 4656 0521 Password: 798765***
- ❖ ***October 18th – Debra Daniels, Grief Healing Workshop, In-person Event, Macedonia Baptist Church, Flint Hill, VA***
- ***MARK YOUR CALENDAR – GOGH's Fall Grief Retreat – Virtual Setting - Saturday, November 16th, virtual event.... more information to come. THEME: COPING with HOLIDAY GRIEF***

GOGH's Mission Statement:

Long gone are the days of minimizing the mental and physical distress that grief can cause both in the near and long-term futures. GOGH provides emotional support, tools, and opportunities for engagement to those experiencing grief at any age to help navigate these tumultuous waters.

Remember: ~ You Do Not Have to Journey Alone ~

