



From Our Wesley Nurse . . .

Understanding Your Grief Support Group

Since becoming the Wesley Nurse in Elgin, I have come to appreciate what a close knit community Elgin is. When there's a loss, the community grieves together. That's why, when Jamie Hausladen, Elgin Funeral Home Director, approached me about starting a Grief Support Group, I immediately saw the need. At the time, the closest group was in Austin.

Support groups do not take away the grief, but they can help people to accept that life will be different and offer hope for the future. Support groups provide a safe environment where participants can freely express their feelings, knowing others will be non-judgmental and supportive. The information and support will help those who attend to learn how to implement healthy coping skills to deal with grief and loss.

The group will also provide a place where members can establish connections to others which decreases isolation that grief brings. The meetings will be open to those who have experienced various types of losses, such, as but not limited to:

- Death of a loved one (person or pet),
- Loss of a relationship (friendship, family, significant other, divorce),
- Loss of a job or position,
- Lifestyle changes (aging, financial, re-location).

The meetings will be co-facilitated by Stacey Cunningham and Claydeen Harrell, Bluebonnet Trails Community Services, who have education, experience, and expertise in leading grief support groups.

Resource lists with names of spiritual leaders and counselors contact information will be available at each meeting for those who may want spiritual guidance or counseling in addition to the meetings.

The meetings will be held the second Thursday of each month, starting September 8, 2016, from 5:30 to 7:00 p.m., at the Family Health Center of Elgin, 902 W. 2nd Street, Elgin, Texas.

All interested persons are required to contact Stacey Cunningham, at 979-208-9229, or Claydeen Harrell, at 512-308-7893, prior to attending the group to discuss their readiness for the group. The group is open to anyone, 18 years and older. It will be an open group, which means anyone can join at any time after talking with a facilitator, if there is space available. The group is limited to 15.

For further information, please contact Debi Laurents, Wesley Nurse, at 512-581-8858.