



1078 Rice Street
St. Paul, MN 55117
www.bradshawfuneral.com

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GRIEF GROUPS

SIX WEEK INFORMATIONAL SERIES Transforming Grief Into Growth™

This 6 week educational series offers individuals and families insights, understanding, tools needed and support through the grief process. Various topics will be discussed ranging from: what is mourning, understanding our emotions, 4 tasks of grief, goal setting as well as learning to rebuild our lives. It is important that you attend all of the sessions.

Please allow yourself 4 weeks after a death before attending this group. After the 2nd meeting, the group becomes closed. The group is free of charge and will meet at the following location for 6 weeks.

Minnehaha Location, Starting on Wednesday, June 18th at 10:00 a.m.

White Bear Location, Starting on Tuesday, June 24th at 6:30 p.m.

The Resource Center is directed by Tony Del Percio, Grief Counselor, and is available to all those who have experienced the death of a loved one. It is sponsored by Bradshaw as part of their community service and ongoing support following the funeral, at no cost. Services include: support groups as well as various social activities. This newsletter is sent to families for a period of one year after a death. At that time if you would like to continue receiving our newsletter or have questions please contact Tony at 651-489-1349.

Have Questions? Need to register for an event or group?

Please contact us at 651.489.1349, Monday through Friday, 9:00 a.m. - 5:00 p.m.
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GRIEF RESOURCE CENTER

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Healing the Heart®

“Providing education and support at a time of loss”

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SOCIAL ACTIVITIES

OUT TO BRUNCH:

We meet the 1st Sunday of each month at various restaurants. We meet at 1:00 p. m. and the cost of brunch will be on your own. Sundays are often a difficult time for many, so this is a great way to meet and socialize with others; **June 1st at the Freight House and August 3rd at PD Pappy’s both in downtown Stillwater. Reservations required if you will be joining us.**

BOAT CRUISE & LUNCH

Join us on July 6th aboard the Avalon as we cruise the St Croix River. Boarding will begin at 1:00 p.m. and departure at 1:30 p.m., we will return around 4:00 p.m. The cost is \$21.95 per person which includes boat cruise and lunch. The cruise will also have live music aboard. **Deadline is July 1st. Make checks out to Bradshaw and mail to 1078 Rice Street, St Paul, MN 55117.**

ATTORNEY TO SPEAK

As part of our continual support of our families, we are offering an informal evening on Tuesday, June 24th at 6:30 p.m. at our Stillwater location. Craig Baumann, attorney in Woodbury will be speaking on the areas of estate planning, probate, wills and power of attorney. This has proven to be a very insightful and helpful to our families who often times have many questions and concerns after there loved ones death. **There is no cost to this program. Please call 651-489-1349 by June 21st for registration.**

To make reservations and sign up for a group, please call 651-489-1349 between the hours of 9:00 a.m. to 5:00 p.m., Monday-Friday.

GRIEF GROUP

SURVIVORS OF SUICIDE (SOS)

This group is designed for individuals and families who have experienced the death of a loved one through suicide. The group meets at our **White Bear location the 1st Thursday of each month at 7:00 p.m.**

GRIEF AND MOURNING

Imagine planning for a trip. You pick a destination and you begin to plan. Just as you begin this trip, you realize you forgot the maps, did not pack right and most important you have no clue how to get there.

This is often what we experience when a loved on has died. The hopes and dreams of our future are destroyed. The course we had planned and mapped out is no longer. Now we must travel a new destination without a map and no one knows what we will encounter or feel as we embark a new destination.

I often look at the mourning process is the journey, the travel in the car we embark on not sure where it is taking us or where we will end up. Grief is the emotions (feelings) we experience when a loved one has died; it is what we encounter on our new travels. It is very important that we understand and realize that in this journey we are not in control just as we are not in control of our feelings. For some of you, you are just entering this process and others you’re right in the middle.

No matter where we are in our grief, we must understand that the feelings we are experiencing are natural and the process we are going through takes time.

Do not run or hide from this process because no matter where we think we can hide, it will follow us until we deal with it. Some people think if they keep busy that they can side step there grief work. Trust me that is NOT the case. It is a process that must be worked out.

Learn to understand and express your emotions (feelings). Just as the word implies “motion” means movement to express. The more we keep feelings bottled up the more they are ready to explode. Maybe that’s way so many say they feel like a walking time bomb.

Mourning and Grief takes many turns, just as seasons change. For many this will be your 1st Fall and upcoming Winter without your loved one. As the days start getting shorter, nights longer and soon the cold will set in (maybe not). A whole new set of factors will set in. We will have more time on our hands to think and feel like I am going backward instead of forward. That’s okay. This is uncharted water for you; it’s a new season without your loved one. So be patient with yourself, take time going through this journey and understand the feelings you are experiencing are natural as you begin a new destination. I can assure you that you will find a new sense of purpose and you will create a new map that will be filled with hope for a new future.



Tony Del Percio
Grief Counselor