



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

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AUGUST/SEPTEMBER 2013

GRIEF RESOURCE CENTER

Healing the Heart®

“Providing education and support at a time of loss”



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: limited individual & family counseling, support groups as well as various social activities. If you have any questions or wish to meet Tony, he can be reached 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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Creating Meaningful Events That Celebrate Life®

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IMPORTANT FACTORS FOR HEALTHY MOURNING

1. Express and communicate your feelings with others.
2. Be gentle with yourself. Take care of yourself.
3. Keep decision making to a minimum.
4. Eat nutritionally balanced meals.
5. Drink plenty of water and stay away from caffeine.
6. Set up goals for yourself.
7. Keep a journal. Writing your feelings and thoughts are helpful.
8. Heal at your own pace.
9. Daily exercise and rest.
10. Find a grief support group.
11. Find some humor each day without feeling guilty.
12. Believe that healing and recovery will happen.



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.

White Bear, Starting on Monday, September 9th at 6:30 p.m.

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.**

PARENT GRIEF SUPPORT GROUP

The loss of a child, any age, is a most painful experience. The bereaved parents group meets the **3rd Thursday of each month. The group meets at 6:30 p.m. at our Stillwater location.**

SOCIAL ACTIVITIES

TUESDAY, OCTOBER 1ST BOAT RIDE AND CASINO TRIP

Enjoy a delicious Breakfast Buffet while you cruise along the Scenic St. Croix & Mississippi Rivers to Treasure Island Resort and Casino for four hours of exciting gaming. Boarding begins at 8:30 am at the Hudson City Docks, Hudson Wisconsin. Departure 9:00 a.m. - 12:30 p.m. to Treasure Island Casino. You receive \$15 slot play from the casino and a luxurious bus ride back to Hudson. Bus picks up at 5:00 p.m. in the Bingo area and returns around 5:45p.m. Adults & Seniors \$39.00 per person. The trip includes: \$15.00 (slot play from Casino), Breakfast Brunch by the Afton House and Fall Boat Cruise. We will need your name and player card number or if you don't have a card number we will need your name, address and full birth date. Make out checks out to Bradshaw for \$39.00 and mail to 1078 Rice Street, St. Paul, MN, 55117. **Deadline is September 20, 2013.**

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; **August 4th at PD Pappy's, September 1st at the Water Street Inn and October 6th at the Freight House all in downtown Stillwater. Reservation required if you will be joining us.**

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.