



# The Companion



PSFC Newsletter – Issue #6  
September/October 2018

We have suffered a great loss. There seem to be days when we feel lost and very sad; and, too often, we feel we must "hold on" to the pain of loss as a way of remembering those we love. Yet, this really isn't what our loved ones would have wanted for us; so, what can we do to continue to remember and honor our loved ones while finding both healing and peace?

The answer my friend, is in "reflection and remembrance." These are activities that we can do to help us remember and honor our loved ones, find something good in each day and celebrate the little moments in a healthy way. How, you might ask?

**Some examples of helpful "reflection and remembrance" are listed below:**

- Talk to your loved one - be open and honest, listen and watch – signs are everywhere.
- Light a candle at times that are important to your loved one's memory.
- Write special notes and let them burn outside.
- Create a scrapbook of memories and photos.
- Say their name.
- Keep a journal.
- Plant a tree or bush in memory of your loved one.
- Find a special place you can visit.
- On birthdays, anniversaries, or holidays, buy a gift and donate it to the Boys & Girls Club or homeless shelter, a hospital or such.
- Make something out of a favorite shirt or clothing belonging to your loved one.
- Listen to favorite music of your loved one, or music that reminds you of him/her, to feel them near.

**Can you reflect and remember if you feel guilt, regret, or even some anger? Yes, here are some ways to help you come to terms with these feelings and assist you in establishing continuing bonds in a healthier way:**

- Collect things that represent the hurtful or painful situations, events, or feelings from your past. Bury or burn them, say goodbye and let them go – acknowledge that they are being released from you.
- Relive the details of an event, as you would have liked it to be, instead of how it happened.
- Remove negative influences in your life and break the destructive thought patterns.
- Forgive yourself, forgive your loved one, ask for forgiveness and allow yourself to receive forgiveness – most important to moving forward in your grief! (Source: *Horizons, Grief Rituals*)

*Peace and Love my friends, Jeanette*

**Comfort Corner**

Grief changes us  
**THE PAIN SCULPTS US**  
 Into someone **WHO**  
**Understands MORE DEEPLY**  
**HURTS MORE OFTEN**  
**Appreciates MORE QUICKLY**  
*Cries more easily*  
**Hopes more desperately**  
**Loves more openly**  
 ~unknown

### UPCOMING EVENTS

**Mental Health Wellness Festival:** Friday, September 21<sup>st</sup>, 10:00 a.m. to 12:30 p.m., Little Chute High School.

*Tell Someone – I'll Listen – Tell Me™*

**Mark your calendar for our "Reflect & Remember" event:** Thursday, October 18<sup>th</sup>, 6-8:00 p.m., Scheig Center, Appleton Memorial Park.

*"Remember not only what you lost, but let your heart be warmed by what you had and what you still have." –Author Unknown*

**National Survivors of Suicide Loss Day:** Thursday, December 6<sup>th</sup> (Regularly scheduled Support Group night)

### SUPPORT GROUPS

**General Support Meetings:** 1st & 3rd Thursdays of the month

**LGBT Support Meetings:** 2nd Thursday of the month

**Sibling Support Meetings:** 4th Thursday of the month

**Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street Appleton, WI**

### People to Remember:

#### Birthdays

- Dakota-Sept. 2<sup>nd</sup>
- Rick-Sept. 11<sup>th</sup>
- Jake-Sept. 28<sup>th</sup>
- Justin-Oct. 18<sup>th</sup>
- Jerry-Sept. 5<sup>th</sup>
- Jackson-Sept. 13<sup>th</sup>
- Tommy-Oct. 10<sup>th</sup>

#### Eternal Rest

- Dakota-Oct. 8<sup>th</sup>
- Andrew-Oct. 8<sup>th</sup>