



# O'CONNELL

Family Funeral Homes & Cremation Services

## Paths to Peace Grief Support Group

*"Grieving is as natural as crying when you are hurt, sleeping when you are tired, or eating when you are hungry... It is nature's way of healing a broken heart."*

~Doug Manning

The death of someone we love changes our lives forever. And the movement from the "before" to the "after" is almost always a long, painful journey. Although grief cannot be structured into a set pattern, it is a natural process that is built within us to help us deal with our losses. Understanding the process and allowing it to happen are two important keys for navigating this path.

Please consider joining us...**Paths to Peace Grief Support Group** offers a caring environment and helpful strategies for taking a few more steps toward healing our broken hearts. This support group is facilitated by Kathleen Helgeson, MA CFLE, in partnership with the O'Connell Family Funeral Homes.

### Session Topics

- |                            |                                       |
|----------------------------|---------------------------------------|
| <b>Monday, January 29</b>  | An Important Death Has Occurred       |
| <b>Monday, February 5</b>  | You are Not Crazy                     |
| <b>Monday, February 12</b> | Exploring Your Feelings of Loss       |
| <b>Monday, February 19</b> | Exploring Needs of Mourning           |
| <b>Monday, February 26</b> | Exploring Needs of Mourning (Part 2)  |
| <b>1 Week Break</b>        | -----                                 |
| <b>Monday, March 11</b>    | Adjusting to a New Sense of Self      |
| <b>Monday, March 18</b>    | Finding Meaningfulness and Hope       |
| <b>Monday, March 25</b>    | Receiving Ongoing Support from Others |

### Location/Times

**All sessions held on Mondays**

**ELLSWORTH • 130 North Grant Street, Ellsworth, WI**

**2:00 - 3:30 pm**

**Space is limited!**

**Please Pre-Register by Calling or Emailing:**

O'Connell Family Funeral Home (715) 273-4421

[fh@oconnellfuneralhomes.com](mailto:fh@oconnellfuneralhomes.com)

Kathleen is experienced in meeting the needs of families during their time of loss by creating funeral services reflecting the personality and life-style of the loved one who has died. Kathleen believes compassionate support and education about healthy coping strategies can assist grieving family members and friends manage feelings related to their losses and honor memories of loved ones so missed. **Paths to Peace Grief Support Group** offers a safe and healthy place of caring for the bereaved walking the grieving path.



**Kathleen Helgeson, MA, CFLE**  
Paths to Peace Grief Support Group  
CrossBridge Family Solutions