



HOW SUPPORT GROUPS CAN HELP

Why attend a group? How can a group help? Groups give you:

- A place to tell your story... again and again... when others don't understand why you must repeat the story;
- Freedom to express negative feeling — when others may get upset when you say angry or negative things;
- Freedom to have a smile, even a laugh, with people who share the pain you are experiencing and may welcome a chance to occasionally smile too;
- Returning to Group for consecutive sessions lets you recognize growth (or the lack of growth) in yourself and in others;
- You see, reflected in others, the fact that life can and often does get better;
- You can learn and/or share skills, ideas, and coping techniques;
- Your story and your example will help others not to feel so alone;
- Helping others helps you as well;
- We have events, group projects, speakers, and sometimes *food* at group meetings. Believe it or not, such meetings can be *enjoyable*;
- We have Spanish-speaking grief support videos to view and Spanish-speaking people to help — just let us know your need.

Our agency offers a variety of groups: grief, support, education, family:

- ✓ Here at our office: Individual sessions — we have excellent informational videos in English & Spanish;
- ✓ Serving areas: We have groups in Albuquerque, Los Lunas and a group under development in Roswell;
- ✓ And home visits and with family-unit sessions

Other groups: Office of the Medical Investigator Grief Services: **(505) 925-0567** or **1-(800) 432-5239** and French's Mortuary Grief Center: **505-275-3500**.

Please know you are not alone in your grief and, with support, you can truly move beyond the immediacy of your grief.

Please call us at 505-243-2222 to find out more about our group times and locations.