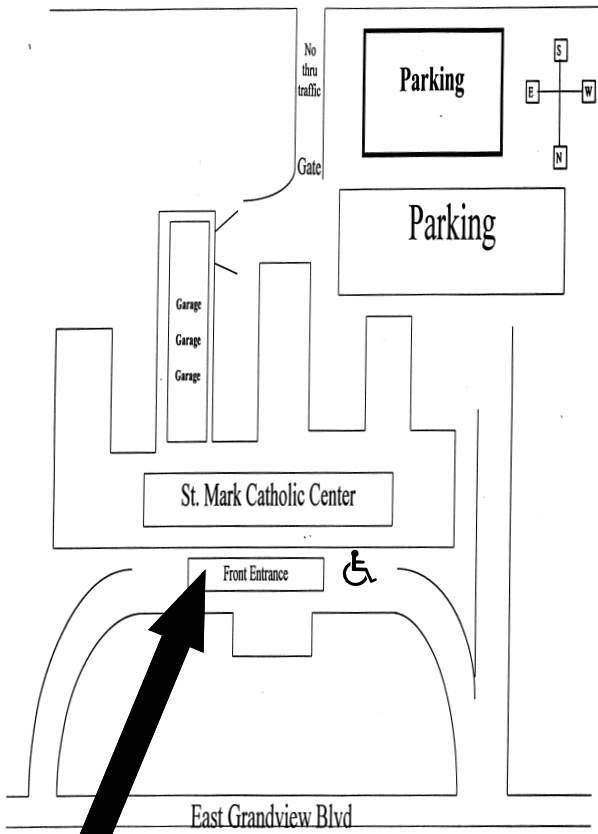


East Gore Rd.




PALS meetings are held
Every 3rd Tuesday
7 to 9 p.m.
at
St. Mark Catholic Center
429 E. Grandview Blvd.
Erie, PA 16504

Use front entrance.

Catholic Charities
429 E. Grandview Blvd.
Erie PA 16504

PALS SUPPORT GROUP

People
After 
Loss
from
Suicide

PALS is a grief support group that offers encouragement and education to all who suffer from the loss of a loved one by suicide.

Acceptance

- ...of ourselves
- ...of others
- ...of the circumstances of the death

Learning

- ...to grieve
- ...to express emotions freely
- ...to listen and be listened to
- ...to make life-giving decisions
- ...to let go
- ...to cope with holidays and anniversaries
- ...to live again

Sharing

- ...experiences unique to grief after suicide
- ...your strengths and your needs
- ...feelings related to the stigma attached to suicide
- ...your insights

PHASES OF GRIEF

- ◆ Shock
- ◆ Denial
- ◆ Bargaining
- ◆ Guilt
- ◆ Anger
- ◆ Depression
- ◆ Resignation
- ◆ Acceptance & Hope

FOUR TASKS OF GRIEF

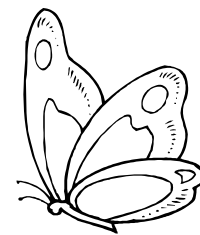
- 1) Tell the story
- 2) Express the emotions
- 3) Make meaning from the loss
- 4) Transition from the physical presence of the person to the new relationship.

For more information call:

Marjorie 814-864-2428

Mary 814-898-0709

Sandy 814-825-9437



PALS is a non-denominational support group founded by five women in the Erie community who saw a need and responded to it. The group is still led by those who have benefited from it. *PALS* continues to grow and reach out to all those in need of this ministry.

Donations may be made in memory of a loved one through Catholic Charities.

