

## **Our Grief Recovery Program**

# **COPE**

### **Compassion –**

We need to feel compassion from others as we grieve, but we need to show compassion for others as they do not know what we may be going through or how to help us.

### **Order –**

It is important to maintain order in our lives as best as we can.

### **Persistence –**

It takes an ongoing effort to continue living a life with quality.

### **Enjoyment –**

While it is difficult to accept that life goes on without our loved one, it is important to know that it is okay to enjoy it.

**COPE** is a therapeutic bereavement group that takes you through the journey of grief and supports you in your own personal experience. We will walk with you through this difficult time and help you reconstruct your life.

Your personal experience of grief may include:

- ❖ Shock and Denial
- ❖ Overwhelming Emotion
- ❖ Resignation and Depression
- ❖ Adjustment and Rebuilding

Your life must undergo reconstruction. It may be beneficial for you to:

- ❖ Delay Major Decisions
- ❖ Allow yourself to Remember and to share your Personal Memories
- ❖ Find your own way to Cope with Life Changes and related Stress
- ❖ Allow yourself to reassess your Priorities, Expectations, Values and Beliefs
- ❖ Reestablish your Personal Identity
- ❖ Allow yourself to reinvest in life again - in relationships, in activities

It can help you, as well as others who are suffering a loss, to share your personal story. Our support group offers you that opportunity. We address the issues listed above and many more in our weekly group sessions held at

John Henderson Funeral Home  
215 Central Avenue, Johnstown

Our facilitator, Cherylann Falsone, has a Master's Degree in Clinical Psychology and many years of Grief Therapy experience.

Won't you join us? You do not have to take on this overwhelming journey of grief alone.

Call for further information and times – 814-536-4602

# *Our Grief Recovery Program*

## *COPE*

We need to feel **compassion** from others as we grieve, but we need to show compassion for others as they do not know what we may be going through or how to help us.

---

It is important to maintain **order** in our lives as best as we can.

---

It takes an ongoing effort, **persistence**, to continue living a life with quality.

---

While it is difficult to accept that life goes on without our loved one, it is important to know that it is okay to **enjoy** it.

---

**Compassion**

**Order**

**Persistence**

**Enjoyment**

**COPE** is a therapeutic bereavement group that takes you through the journey of grief and supports you in your own personal experience. We will walk with you through this difficult time and help you to reconstruct your life.

---

Your personal experience of grief may include:

- ❖ Shock and Denial
  - ❖ Overwhelming Emotion
  - ❖ Resignation and Depression
  - ❖ Adjustment and Rebuilding
- 

Your life must undergo reconstruction. It may be beneficial for you to:

- ❖ Delay Major Decisions
  - ❖ Allow yourself to Remember and to share your Personal Memories
  - ❖ Find your own way to Cope with Life Changes and Related Stress
  - ❖ Allow yourself to reassess your Priorities, Expectations, Values and Beliefs
  - ❖ Reestablish your Personal Identity
  - ❖ Allow yourself to Reinvest in Life again - in Relationships, in Activities
-

*It can help you, as well as others who are suffering a loss, to share your personal story. Our support group offers you that opportunity.*

Our facilitator, **Cherylann Falsone**, has a Master's Degree in Clinical Psychology and many years of Grief Therapy experience.

---

Won't you join us? You do not have to take on this overwhelming journey of grief alone.

---

We address the issues listed above, and many more, in our weekly group sessions held at John Henderson Co. Funeral Home

215 Central Avenue  
Johnstown, PA

**Call for further information and times – 814-536-4602**

---

---