



# STEPPING STONES TO HEALING

Stepping Stones to Healing is a bereavement service offered by Higgins-Reardon Funeral Homes. We believe in taking care of the whole person when a death occurs, including the emotional needs of families and individuals.

In his book, *The Pain of Grief*, Doug Manning says, "You not only need permission to grieve, you also need permission to grieve in your own way and on your own schedule." Our support groups are designed to offer an environment where the bereaved have permission to grieve in their own way and in their own time.

***For additional information about bereavement services and support groups, call Sister Pat at 330-792-2353 or email us at [info@higgins-reardon.com](mailto:info@higgins-reardon.com).***



**SISTER PAT FESLER, H.M.**  
*Grief Support Coordinator,  
Certified Celebrant,  
Board Certified Chaplain*



**HILLARY MADELINE**  
*Licensed Funeral Director  
and Preplanning Specialist*

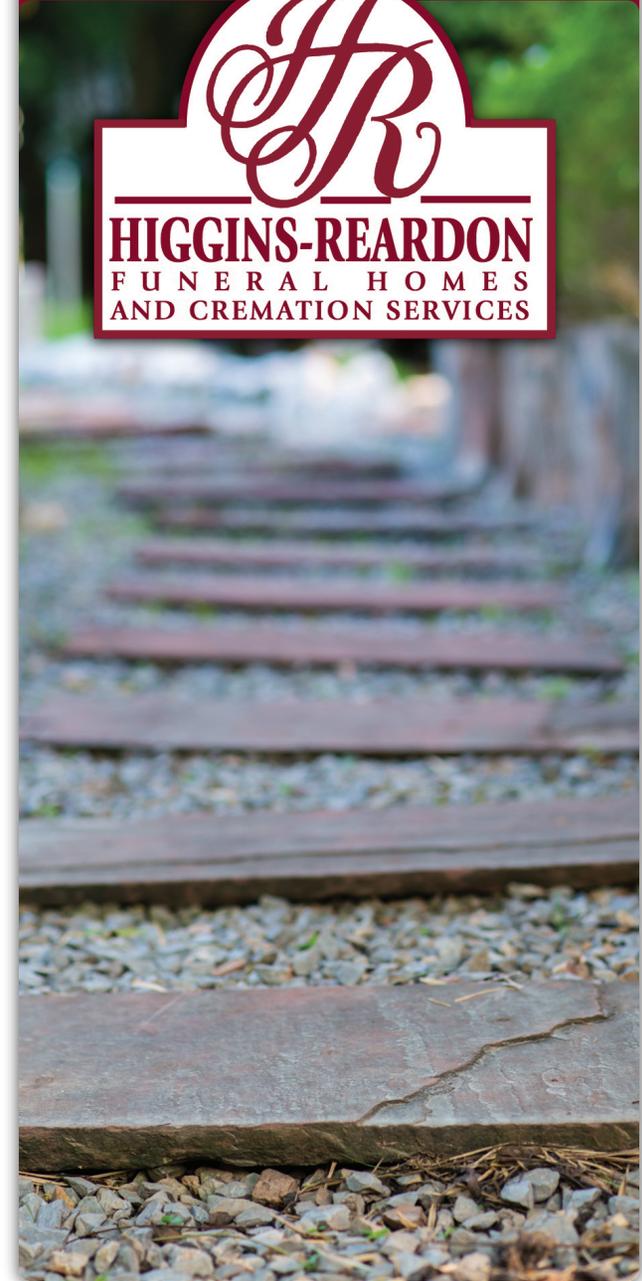


**Austintown Chapel**  
4303 Mahoning Avenue | Youngstown, OH 44515  
**Boardman-Canfield Chapel**  
3701 Starr's Centre Drive | Canfield, OH 44406  
**Poland Chapel**  
2726 Center Road | Poland, OH 44514  
**North Jackson Chapel**  
439 S. Salem-Warren Road | North Jackson, OH 44451

**330-792-2353**

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*Grief Support Services*  
STEPPING STONES TO HEALING



# Grief Support Services

STEPPING STONES TO HEALING

*Higgins-Reardon offers a number of complimentary bereavement support groups and services to our community. Sister Pat Fesler, H.M. Grief Support Coordinator, conducts our support groups, meets with recently bereaved families and individuals one on one, and is available for funeral services and programs on grief and loss, death and dying and aging.*

## SUPPORT GROUPS

Support group meetings help those who are grieving to process their emotions in a safe and supportive environment. People who are grieving often feel alone and misunderstood, even by well-meaning family and friends. Support groups allow each person permission to grieve at their own pace and in their own way, without judgment and without hiding or minimizing the pain of the loss. All groups involve a variety of activities that will enhance the healing process. By sharing and exploring each aspect of grief together, and by allowing one another to grieve naturally, we all gain an understanding of what our “new normal” is going to be on the journey through grief.

## LOSS OF A SPOUSE

The death of a spouse can feel like we’ve not only lost a person we loved deeply, but we also have lost a part of

ourselves—our identity as a married person. Such a loss is disorienting and devastating, to say the least. Groups for spouse loss are generally limited to ten members, and new groups start as the need arises. Once a group begins, it is open to new members for one month after the start date. Groups initially meet every two weeks for two hours, and then on a monthly basis for as long as needed.

## PARENTS OF ADULT CHILDREN

We all instinctively know that no parent should bury a child, even an adult child. This group is for parents who have lost a child and who benefit from meeting with other parents who are experiencing the same kind of loss.

## SUPPORT FOR CHILDREN

When a death occurs, whether it is a parent, grandparent, sibling, friend, or relative, children need to

be able to express their emotions and process what has happened in a safe environment. This group is for children ages 6 – 13 years and offers creative activities designed to help grieving children express their emotions of grief. This group meets on scheduled Saturdays each month from 10:30 AM – 12 noon at Zion Lutheran Church in Cornersburg. Please call Sister Pat at 330-792-2353 if you want to enroll your child to attend.

## FRIEND LOSS

Many people do not realize how painful the loss of a dear friend can be. As with any other death, the loss of a friend is a significant loss that requires understanding from others and healing over time. This group is for any adult who has lost a friend and who would like the help and support of others on the journey through grief.

***Other groups are available upon request and as the need arises.***

