From: Archdiocese of Newark Family Life Office
To: Egan, Lauren
Subject: [MARKETING] What"s happening this month?
Date: Thursday, April 11, 2019 11:17:53 AM

Ministry of Loss and Transition

No one has to grieve alone.

When family members are faced with the challenges of daily living following major life upheavals, the Family Life Office can offer support. Many who hunger for God's consolation after the loss of a loved one, whether it be from death, separation or divorce, will find that parish-based support groups can allow them the opportunity for support in a spiritual context. Attendance at a support group has long been recognized as a valuable tool in grief recovery. Groups can provide connection and understanding in a spiritually-centered, confidential, non-judgmental setting. They can also offer education about the grief process and other important resources to assist healing. Archdiocesan support groups are led by lay people, deacons and religious who are trained facilitators and all groups are open to those of all faiths. Please visit our website for all programs at: www.rcan.org/loss-transition

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General Bereavement Support Groups: Bereavement support groups typically meet in a parish setting with varied formats. The facilitator's goal is to provide a safe place where the bereaved can share their experiences with others, learn about the process of grief and be supported by their Church family during a difficult time. For the locations & times of the general bereavement support groups, please contact the Office of Family Life Ministries at (973) 497-4327 or visit the website at www.rcan.org/parishes-by-city-support-groups

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Bereaved Parents Support Groups: It is important for parents who have lost a child to share their pain with others who have also experienced this difficult and unique kind of grief. The Family Life Office sponsors three support groups for Parents Who Have Lost a Child. These support groups are led by trained facilitators who have themselves

experienced the death of a child. For the locations & times of the Bereaved Parents Support Groups, please contact the Office of Family Life Ministries at (973) 497-4327 or visit the website at www.rcan.org/loss-child

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Bereaved Parents: To further support the needs of grieving parents, the Family Life Office offers an Annual Liturgy for Parents Grieving the Death of a Child. Parents, their families and friends are invited to attend a special Mass, often held on the Friday evening before Mother's Day. A full day annual retreat, The Emmaus Ministry for Grieving Parents, is offered for parents who have lost a child of any age. A retreat day for Perinatal Loss is offered for parents who have suffered the loss of a child due to miscarriage, stillbirth or neo-natal death. Please contact the Office of Family Life Ministries at (973) 497-4327 or visit our website at www.rcan.org/healing-retreats-events

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Separated/Divorced Support Groups: 'Surviving Divorce' has been chosen by the Family Life Office as the program to be used for Archdiocesan support groups for the separated and divorced. This 12-week series, based on the Theology of the Body, offers information about the teachings of the Catholic Church and supports the process of emotional, spiritual and psychological healing following the breakup of a marriage. For the locations & times of the Separated & Divorced Support Groups, please contact the Office of Family Life Ministries at (973) 497-4327 or visit the website at www.rcan.org/separateddivorced-support-groups

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Single Parent Support Groups: Support groups were created within the Archdiocese to offer encouragement to single parent families who may be struggling with many hardships. The groups create a place where single parents can realize that they are not alone, there are others who understand their situation, that they belong in the parish community and that the church cares for them. For the locations & times of the Single Parent Support Groups, please contact the Office of Family Life Ministries at (973) 497-4327 or visit the website at www.rcan.org/single-parent

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Counseling and other Referrals: The Family Life Office is able to make referrals to Catholic licensed mental health professionals for individual, marriage and family therapy. We can also help with referrals to Archdiocesan and outside programs that can assist families with specific needs, such as, troubled marriages, same sex attraction, pornography, substance use disorders, post-abortion healing, healing the wounds of physical, emotional, sexual, and spiritual abuse.

Support Group Facilitator Training: Many of our volunteers feel a call to the consolation ministry due to their own experience of loss. Others may have recognized a specific need in their parish to help comfort those who are grieving. We run several different training programs to support those who would like to minister to the bereaved and facilitate a parish support group. https://www.rcan.org/leadership-training

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Events: Events sponsored by the Family Life Office are held periodically within the Archdiocese. Information on upcoming events will be posted on our website: www.rcan.org/loss-transition Also, follow us on Facebook: http://secure-web.cisco.com/1RNrS6Z0ha5kBTcYYAeHJaSAqIHcGNR9zbiHMOq7l4-zAPT7WsnSBELkxa8U0d12Wb1TckFyY5zg_uM1k9mGlk4M1FBSaAkvMzOG7lkuBB3Fm

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To obtain listings in Spanish, please contact the Office of Family Life Ministries at (973) 497-4326, or visit the website at www.rcan.org/PastoralFamiliarHispana

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