



MISSION

To reach out to those who grieve, educate those who do not understand, and offer grief support to individuals, schools, businesses and organizations.

VISION

We seek to be the most compassionate and effective faith based bereavement support center in the Tri-State area serving individuals, families and groups at any stage of their grief so they may come and find hope, strength, and healing.

*Restoring Family Balance
With Faith, Hope & Love
One Child, One Teen, One Adult
One Family At a Time!*

We would like to thank God for the many blessings that we have received while reaching out to those who have grieved the death of a loved one. If you would like to help us in helping others, please mail your tax deductible contribution to:

Companions on a Journey
Grief Support
5475 Creek Bend Drive
West Chester, OH 45069
www.companionsonajourney.org

Companions on a Journey

GRIEF SUPPORT

www.companionsonajourney.org

Office: 870-9108 or 755-9433

GROUP SCHEDULE

Please see our website for group details. If you are new, please call to schedule your orientation.

SUPPORT GROUPS

- *Mending Hearts Center for Grieving Children*
- *Understanding Your Grief Orientation*
- *Open Grief – Parent, Sibling, Friend*
- *Perinatal/Neonatal Support Group*
- *Surviving After the Death of a Suicide*
- *Bereaved Parents*
- *Young Adult*
- *Widowed Groups – Young Widowed, New Beginning, and Living Again*
- *Men in Grief*
- *Golden Group, West Chester Activity Center*
- *Individual Mentoring Services*

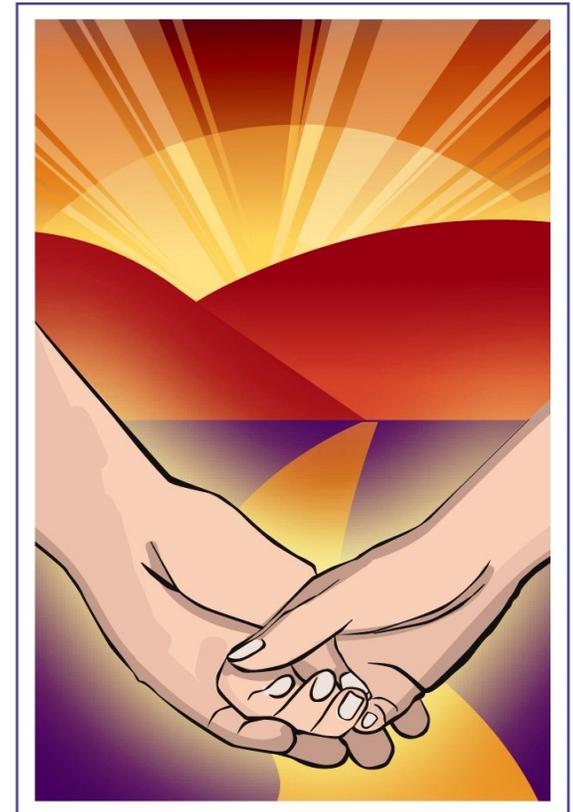
SUPPORT GROUP LOCATIONS

- *St. Maximilian Kolbe, 5720 Hamilton-Mason, Liberty Township, OH 45011*
- *Indiana Wesleyan, 9286 Schulze Dr., West Chester, OH 45069*
- *Edward Jones Building, 8859 Cincinnati-Dayton Road, West Chester, OH 45069*
- *West Chester Activity Center, 7900 Cox Road, West Chester, OH 45069*
- *Titus 3:13 Ministries Bldg, 25 North F Street, Ste 6, Hamilton, OH 45013*

SOCIAL OUTREACH

Lunch Bunch, Dinner Group, Travel Group, Mom's Book Club, Tea Girls – call or see web site for details.

Sheila Munafa-Kanoza, 870-9108; 382-5085 or
E-mail sheila@companionsonajourney.org
Linda Sullivan, 755-9433; 515-3944 or E-mail
linda@companionsonajourney.org
Tom Kanoza, 870-9108, 324-0513 or E-mail
tom@companionsonajourney.org



Companions on a Journey

GRIEF SUPPORT

*A Center of
Hope, Strength, and Healing for
Children, Teens and Adults*

Companions on a Journey

GRIEF SUPPORT

Companions on a Journey, a nonprofit, 501(c)(3) organization, creates a safe environment for those who grieve. We began as a ministry for the bereaved at St. Maximilian Kolbe Church in 1997 and became a nonprofit organization in 2007. Our staff members are nationally recognized facilitators trained through the Association for Death, Education and Counseling; the American Academy of Bereavement; the American Foundation of Suicide Prevention; the National Alliance for Children's Grief; and the National Catholic Ministry to the Bereaved.

It is our goal to restore family balance by providing support for all members of the family. We facilitate support groups assisting the bereaved with every type of loss including the death of a spouse, parent, sibling, friend, child, infant (including miscarriage) and those whose loved ones have died by suicide. We have groups for children ages 5-18 through our Mending Hearts Program. We provide support to teens through our Teens in Grief program in area high schools as well as summer events. We have a daytime group held at Partners in Prime Senior Center. In addition, we offer a various group workshops, such as "Hope, Strength and Healing," and "Why is this Happening to Me" as well as various topic nights.

Grief is a journey which takes time and hard work, but in the end having a companion to talk to while on the journey could make the travel much easier. We are committed to being **Companions on a Journey** through your grief.

COJ is a social service organization which provides bereavement support and educational services for children, teens and adults. COJ does not provide any counseling or related services which require a license under Chapter 4757 of the Ohio Revised Code. COJ is a section 501(c)(3) organization.

Restoring Family Balance With Faith, Hope and Love One Child, One Teen, One Adult, One Family at a time !

Each person in a family will grieve in their own way and in their own time. Every member of a family has many roles—spouse, parents, children, grandparents, aunts, uncles, brothers, sisters, even friends. All members lose the same person, but different relationships. Our grief journeys are as unique as our relationships. No two people grieve the same and there is no timeline for the grief. However, to restore the balance within a family, each member of the family must take their own grief journey, individually and collectively, supporting one another with love and patience along the way.

Learning about Grief

- Grief is not a sign of weakness. It is the natural response to the death of a loved one. We grieve because we have loved.
- Grief feels as though someone has reached in your chest and ripped your heart out.
- There is no timetable for grief, and everyone grieves differently.
- Grief hurts. It affects relationships within the family, at work, in school and with friends.

Accept Your Feelings

- Thinking that you are going crazy is a normal reaction.
- Cry when you need to, you usually feel better. Laugh when you can. It's okay to be angry. Don't push it down. Let it out, beat rugs, exercise, or hit a pillow.
- Be aware of depression-don't withdraw; if it becomes severe seek professional counseling.

Be Good to Yourself

- Find a good listener.
- Consider keeping a journal regularly.
- Get adequate sleep, eat well and exercise often. Put balance in your life; pray, work, read and rest.

Ask For and Accept Help

- Find someone you can talk to (an understanding friend, family member, another bereaved person, a support group member).
- Talk to the person who died.
- If necessary, seek a professional counselor who understands grief.

Lean Into the Pain

- You can't go over, under or around it. You must go through it.
- Be careful not to avoid your grief by being a "workaholic."
- Do not abuse alcohol or prescription drugs; they often just mask the pain.

Be Patient With Yourself

- Take one day, one moment, and one hour at a time. *Remember, grief takes time, so give it the time it needs.*
- Be careful not to over extend yourself to take on too many responsibilities.
- Ignoring the depth of the grief seems to help for the moment. Unfortunately, denying grief denies healing.

Children Grieve Too

- A child old enough to love is old enough to mourn.
- If you have children, listen to them, reassure them, give them attention, hug them. Let them know they are loved and their grief counts.

