



GRIEF SUPPORT

Registration and Understanding Your Grief Orientation are required for all new members. Our support groups are offered free of charge to the bereaved.

COJ SUPPORT GROUPS:

Children, Teens, and Families

- Mending Hearts for Grieving Children, Teens & Families: Meets at Cincinnati Children's Hospital Medical Center, Liberty Campus
- Ongoing School-Base Programs

ADULT GRIEF SPECIFIC GROUPS

- Understanding Your Grief Orientation
- Open Grief: Parents, Sibling, Friend
- Perinatal/Neonatal Support Group
- Surviving After the Death of a Suicide
- Bereaved Parents
- Widowed Groups - Young Widowed, New Beginnings, and Living Again
- Young Adult
- Men in Grief
- Individual Family Facilitations

SOCIAL OUTREACH GROUPS

Lunch Bunch, Dinner Group, Travel Group, Mom's Book Club. Call or see our website for details.

COLLABORATIVE GROUP

Grief to Peace at the Gwen Mooney Funeral Home at Spring Grove Cemetery

Our staff members are nationally-recognized facilitators trained through

- American Academy of Bereavement
- American Foundation of Suicide Prevention
- Association for Death, Education and Counseling
- National Alliance for Children's Grief and
- National Catholic Ministry to the Bereaved

BEREAVEMENT SPECIALISTS

Sheila Munafo-Kanoza

Founder and Executive Director
513.870.9108
sheila@companionsonajourney.org

Ann Marie Kahwaty-Bogan, LISW, ACWS

513.382.4587
annmarie@companionsonajourney.org

John Dorger, M.Ed.

Retired School Psychologist 513.489.0457

If you would like to help us in helping others,

please mail your tax deductible contribution to:

Companions on a Journey Grief Support, Inc.
8857 Cincinnati-Dayton Suite #002
West Chester, OH 45069
513.870.9108

www.companionsonajourney.org

Companions on a Journey is a faith-based nonprofit organization creating a safe environment for those who grieve. Our services are offered free of charge to the bereaved. Our funds are raised through private donations, grants, community foundations and businesses. We began as a ministry for the bereaved at St. Maximilian Kolbe Church in 1997 and became a nonprofit, section 501(c)(3) organization in 2007. EIN 77-0675357

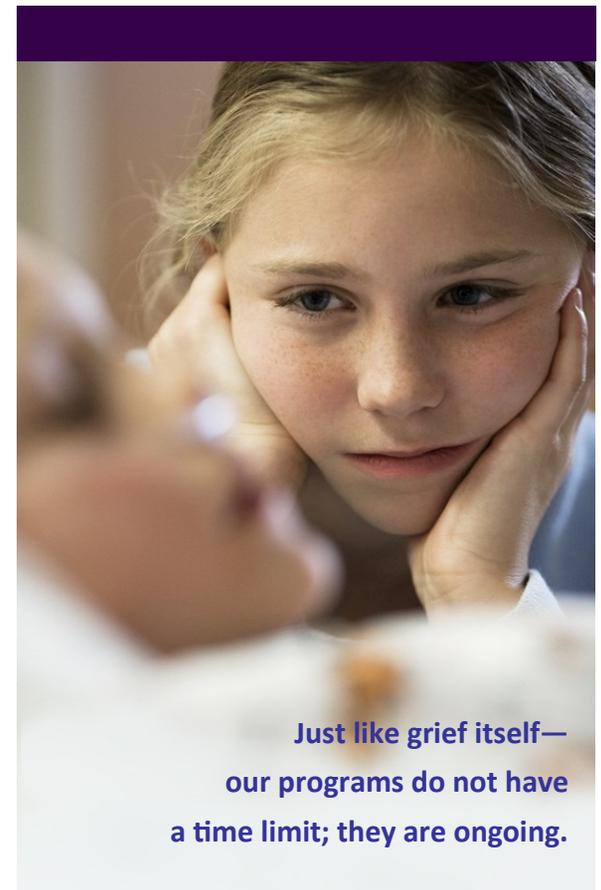
COJ is a social service organization which provides bereavement support and educational services for children, teens and adults. COJ does not provide any counseling or related services which require a license under Chapter 4757 of the Ohio Revised Code.

Companions on a Journey

GRIEF SUPPORT



a center of hope,
strength, and healing for
children, teens, and adults



Just like grief itself—
our programs do not have
a time limit; they are ongoing.

WHAT COJ OFFERS

- **Mending Hearts Program for Grieving Children, Teens and Families**
- **School-based Ongoing Grief Support**
- **Crisis Response and Interventions**
- **Suicide Post-Vention Support**
- **Adult Grief Specific Groups**
- **Individual and Family Consultations**
- **Seasons of Grief Newsletter**
- **Retreat Day for Bereaved**
- **Bereavement Educational Programs**
- **QPR Gate Keeper Training**
- **Corporate Programs**

Each person in a family will grieve in their own way and in their own time... Our grief journeys are as unique as our relationships.

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

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.

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

- We grieve because we have loved.
- Grief may feel as though someone has reached in your chest and ripped your heart out.
- Grief is not a sign of weakness. It is the natural response to the death of a loved one.
- 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.

Be Good to Yourself

- Get adequate sleep, eat well, drink plenty of water, and exercise often.
- Find a good listener.
- Put balance in your life; pray, work, read and give yourself permission to laugh.
- Consider keeping a journal regularly.

Ask For and Accept Help

- Find someone you can talk to - another bereaved person, family member, an understanding friend, or 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 the process.
- 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 moment, one hour, and one day at a time. *Remember grief takes time; give it the time it needs.*
- Be careful not to over extend yourself by taking on too many responsibilities.
- Ignoring the depth of the grief seems to help for the moment. Unfortunately, denying grief denies healing.

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.
- Grief is what you feel on the inside; mourning is your outward expression. It is important to mourn.

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, and hug them. Let them know they are loved and their grief counts.

Companions on a Journey's mission is to provide ongoing support and life balance for the bereaved in families, schools, businesses and organizations, with faith, hope and love: one child, one teen, one adult, one family at a time.

Lord, we praise You for blessings us with Your love and the love of each other. "Come Lord, be our Guest and hold our hearts in Your hand." Draw us ever so close to You so that we may become Companions on a Journey seeking Your peace, Your strength and Your love. Amen.

