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 and Families
• Ongoing School Based Programs

Adult Grief Specific Groups
• Bereaved Parents
• Hope and Healing after Suicide Loss
• Individual Family Facilitations
• Men in Grief
• Open Grief: Parents, Sibling, Friend
• Perinatal/Neonatal Support Group
• Understanding Your Grief Orientation
• Widowed Groups - Young Widowed, New Beginnings, and Living Again
• Young Adult

Social Outreach Groups

Collaborative Groups
Grief to Peace at the Gwen Mooney Funeral Homes: Spring Grove Cemetery and Tri-County Facilities

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
• 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 Rd. Suite #002
West Chester, OH 45069
513.870.9108

www.companionsonajourney.org

Companions on a Journey began as a ministry for the bereaved at St. Maximilian Kolbe Church in 1997. It is a faith-based nonprofit organization creating a safe environment for those who grieve. COJ’s services are offered free of charge to the bereaved. Funds are raised through private donations, grants, community foundations and businesses.

COJ is a social service organization which provides bereavement support and educational services for children, teens and adults. It does not provide any counseling or related services which require a license under Chapter 4757 of the Ohio Revised Code. COJ became a nonprofit in 2007 under section 501(c)(3). EIN 77-0675357
WHAT COJ OFFERS
• Adult Grief Specific Groups
• Bereavement Educational Programs
• Corporate Programs
• Crisis Response and Interventions
• Individual and Family Consultations
• Mending Hearts Program for Grieving Children, Teens and Families
• QPR Gatekeeper Training
• Retreat Day for Bereaved
• School-based Ongoing Grief Support
• Seasons of Grief Newsletter
• Suicide Post-Vention

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; 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. Families consist of spouses, parents, children, grandparents, aunts, uncles, siblings, even friends. Families may lose the same person, but grieve differently as a result of the relationships they individually built with the deceased.

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.

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; you usually will feel better. Laugh when you can. It’s okay to be angry. Don’t push it down. Let it out: beat rugs, exercise, 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 blessing 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.