

# Bereavement Support Group

Community Center  
Wednesday, September 8, 15, 22, 29  
5:30 p.m. - 7:00 p. m  
Eustis Community Center.

*Loss is painful. Loss is confusing.*

*Loss is lonely.*

## **You are not alone!**

Please join others in a safe environment as we help in supporting each other through this difficult time.

We will learn and discuss the various stages of loss and grief and how they show up in our lives. We will share in activities both as a group and on our own in an effort to understand and walk through our grief.

\*\*\*This is not in any way counseling or therapy. Although we will have a valuable list of resources available to you should you wish to have them. There is no affiliation to any religious or faith tradition practice or beliefs. . Simply show up as you are, where you are at this time in your life. \*\*\*. This group is confidential and must be respected as such!

Space is limited to 12 participants in order to get the most from the 4 week program.

## 2

If you plan on attending, please bring a photograph or what you wish of your loved one to the first meeting.

Facilitating the group is Chaplain Cheryl Cuddy, an ordained interfaith minister. She attended the Bangor Theological School and graduated from Andover Newton Theological School, as well as The Chaplaincy Institute of Maine. She attended the Maine State Criminal Justice Academy and is a Certified Law Enforcement Chaplain. She is Certified as a Maine State Fire Chaplain. She is certified in CISM, Critical Incident Stress Management and serves on a Southern Maine Peer Support team for first responders. She is also a certified End Of Life Doula from the Vermont School of Medicine. She has been a hospice in home volunteer for the past 9 years and currently serves as chaplain for a large Southern Maine Public Safety Department. She hopes to return to the Wreaths Across America convoy this year. She has been a part time resident of Stratton for the past 5 years and recently calls it her full time home.

For further information, please feel free to contact her at [ccuddy@gmail.com](mailto:ccuddy@gmail.com)