



The Companion

HOPE

H is for Happiness

O is for Openness

P is for Personal

E is for Enlightenment

When a tragedy occurs in one's life, it is easy to lose hope and fall into anger, despair, and isolation. Every emotion has a place when you are grieving; and, as we know, there is no timeline for walking the path of grief. In fact, we will always be on a piece of this path for the rest of our life. However, with time, effort and doing the grief work, the path can smooth out and not be as rocky or treacherous to our whole being. We will begin to see a light.

There will be days that you barely see the light, but you know it's there because you smiled at something. Other times, you will see the light brightly shining because you had a really great day, enjoying something or someone that gave you joy, a kind word, or a simple hug. Sometimes, that light may also simply be the joy you have in a memory, a smell, a sound, or a song that reminds you of the love you have for your loved one. This is called HOPE.

Hope comes from finding even the smallest happiness. It is in the memories, it is with your family and friends who are still here with you. Even though you will never forget, you can still share happiness and love with others. It's okay.

Hope comes from being open to experiencing joy, laughter and happiness again. Do not continue to punish yourself in guilt with the "should haves" and "could haves" that we survivors carry. If you are honest with yourself, your loved one would have wanted you to laugh and be joyful. It's okay.

Hope is personal. You get to decide and have control over what brings you joy. No one has the right to take this away from you or to make you feel anything less than hopeful or that you are okay and that what you are feeling and experiencing is normal.

Hope is finding enlightenment along your grief path. It is being insightful, not only in your journey, but also finding healing and taking back your power along the way. It's gaining experience from your pain and clarifying your thoughts and feelings to forgive and move forward without guilt and regret. It's companionship with others who will be there to make sure you do not fall, or fail, and that's okay.

Comfort
Corner



My HOPE for those of you reading this is that you find happiness in the moments, that you are open to allowing yourself joy, even if it is day-by-day, and that you experience personal growth in giving yourself permission to laugh and move forward, while experiencing the joy that HOPE brings even while walking this path of grief. The rain brings rainbows and flowers, just be sure you look up to find them.

Peace and Love my friends,

Jeanette

WE OFFER SUPPORT

General support meetings:
1st & 3rd Thursdays of the month.

LGBT support meetings:
2nd Thursday of the month

Sibling support meetings:
4th Thursday of the month

Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street Appleton, WI

UPCOMING EVENTS

April 17, April 24, May 8, May 15, and May 29
Grief/Mourning "Book" Support Group:
"Understanding your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart (Understanding your Grief)" Dr. Alan Wolfelt's book will be provided at no charge.
This 5-week class will be held from 6:00 to 8:00 p.m. at 211 E. Franklin Street, Appleton. Class size is limited to 15. Registration required. Send an email to registration@preventsuicidefoxcities.org.

Save the Date: Thursday, May 3, 2018 at 6:00 p.m.
This is the date scheduled for our tree planting and plaque ceremony to be held at a park in Greenville.

People to Remember:

Eternal Rest
Rick – March 3rd

Birthdays
Henry – March 3rd
Jeremy – March 11th