



## A WOUNDED HEALERS® NEWS UPDATE

Spring 2024

### **Grief Support Groups**

The Wounded Healers will again be able to offer a Spring, Summer and Fall series in 2024. We are grateful for the opportunity to accompany those suffering significant losses as they go through their grief journey. Our Spring series will begin on Wednesday, February 21, 2024, at **St. James the Less Parish**. The address of St. James is 9640 Kennedy Ave, Highland, IN—the corner of Kennedy Ave. and 45<sup>th</sup> Street. All Wounded Healers meetings take place on Wednesdays at 7:00 PM.

**We ask that you check our website [www.woundedhealers-nwi.com](http://www.woundedhealers-nwi.com) or our phone line (219-924-5577) for the Wounded Healers session dates.** We meet at a Catholic church and use their facilities, but The WOUNDED HEALERS® is Non-Denominational in its approach. It is also free of charge. Donations are always welcome to help cover the cost of rent, refreshments, and handouts. If you would like to donate in honor of your loved one, envelopes will be available. Your name and the name of your loved one will be included in the **In Memoriam** section of our website. Thank you so much!

### **Spring is Coming**

In your grief journey, time is of the essence. And what you do with that time is very important. The Wounded Healers offer support, education, and companionship. Someone who has had a recent loss understands. You will be with others who are struggling with similar thoughts and feelings. The facilitators have all had significant losses.

Winter is still upon us, but as the first Wounded Healers series progresses, we will move into the spring. We will see nature blossom and bloom again. The trees will turn green and birds will return. There is great wisdom in nature. We see the cycle of life before our eyes, and we can appreciate the beautiful regeneration of life that transforms the spring and summer. Life is not static—there is permanence, yet there is change. The leaves on the beautiful oak tree are different than those of last year, and the birds seeking seeds at our birdfeeders may be the grown up chicks of those there the summer before. Those who grieve will change too. We did not ask for this burden, but we can choose to be transformed by it. But in order to do so, we must not avoid our grief, we must lean into it. We grieve because we have loved. By giving you the opportunity to share your heartache, fears, and yes, the joy you experienced with your loved one, we hope the Wounded Healers can help you on the road to your own transformation.

*We shall draw from the  
heart of suffering itself  
the means of inspiration and survival.  
Winston Churchill*