



## A **WOUNDED HEALERS**® NEWS UPDATE September 2024

### **Grief Support Groups**

The Wounded Healers met for our Summer series beginning in May 2024. We were grateful to be able to again offer our support to people suffering significant losses. Our Fall series will begin on September 11, 2024, and **we will continue meeting at St. James the Less Parish.** The address at St. James is 9640 Kennedy Ave, Highland, IN—the corner of Kennedy Ave. and 45<sup>th</sup> Street.

**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 correct meeting dates.**

We meet at a Catholic church and use their facilities, but The WOUNDED HEALERS® is Non-Denominational in its approach. And it is free of charge. Donations are always welcome to help cover the cost of rent for the use of church facilities, 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 on our ***In Memoriam*** list on our website. Thank you so much!

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. Our groups gather people who are struggling with the same thoughts and feelings. And the facilitators have all had significant losses.

### **The Holidays are Coming**

During the fall, the days get shorter and the weather turns colder. It reminds us of the inevitability of the circle of life. Missing a loved one during the holidays is especially painful. At Wounded Healers, we strive to give you the tools to help you make decisions for the holidays that are appropriate for you and your family.

Our Holiday Help program has, in the past, been held on a Sunday in November, but we now will hold it on our sixth meeting, November 20<sup>th</sup>. All are welcome.

The Wounded Healers volunteer their time and talents in an effort to bring hope to the newly grieved. But we are not professional counselors. We encourage grievers who are having significant issues dealing with their grief to also seek professional help.

HOPE, PEACE and COMFORT are wonderful gifts to bring to the brokenhearted. May the holidays bless you with all that's good!

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

*Winston Churchill*