

# PFCS & YOU

Putnam Family  
and  
Community Services

# Take Note ✓

WINTER 2010: EXCERPT

## Spotlight On...

## Project Hope

Grief is a topic we don't often discuss. When a loved one dies, others may not know what to say, so they don't say anything. Families who are left behind may be left with no one to talk to about their loss, and an unspoken expectation that they should be able to "just move on."

*But how do you say goodbye? And how do you come to terms with sadness and other emotions like anger and guilt that can accompany a loss?*

"We see so many families struggling with so many issues, and unresolved grief is high among them," says Diane Henry, Director of Community Based Services at PFCS. That's why PFCS is now offering **Project Hope** – **confidential bereavement support groups**, funded with a grant from a Little HOPE Foundation, that are tailored to the different needs of children, adolescents, and adults.

**Groups for children** will provide structure and utilize symbolic play to help kids express their emotions. **Adolescents** will participate in activities designed to aid

them in articulating what they are feeling. **Adult** groups will focus on building community to help work through emotions together, and will assist participants in accepting, not only the loss they have experienced, but also their own need to grieve.

Before joining a Project Hope group, each person will meet one-on-one with PFCS staff to determine their individual needs. Next, they join a group facilitated by someone who has also experienced a loss. Groups meet for an hour each week and participants attend until they **feel comfortable and ready to move on.**

Project Hope will offer every member of the family a **safe, trusting environment** in which they can **begin to heal.** As Ms. Henry envisions, "The groups themselves will become a form of community to support grieving families who may have no one else to help them get through one of the most traumatic events of their lives."

*To learn more or enroll in a Project Hope support group, please call 845-225-8995.*