



## August Support Meeting:

**Fighting Isolation: Learning to express to others what you feel and need during the grieving process. –Bridget Crane**

Thursday, August 8, 2012

7:00 p.m. Logan Regional Hospital Classroom #7

Have you ever felt the sting of the distance someone places between you after hearing of your loss? Have you experienced that distance from strangers, acquaintances, or loved ones? Have you experienced that distance from strangers, acquaintances, or loved ones? Maybe all three? The grieving process can feel isolating and lonely when the people around us don't know what to do or say. When others aren't able to empathize with our grief experience, opportunities for connection are often lost. Bridget Crane will be sharing practical and effective ways to share your feelings surrounding your loss and ways to express to others in your life what you need from them. Based on research by Dr. Brene Brown, this night will be an interactive workshop type of meeting meant for everyone regardless of where you are in the grief process. Bridget has been married for 8 years, struggled with infertility for 6 years, and been an angel mother since the still birth of her son, Oliver, in November 2011. She enjoys photography, tennis, reading, traveling and adventures in general. One of her favorite activities is to sew and put together baby bereavement packages to distribute to SHARE programs across the state and pay-forward the special services she received from the SHARE of Cache County. Bridget is finishing her graduate degree at Utah State University in Professional School Counseling in December.

### Upcoming Events:

- |         |                 |
|---------|-----------------|
| Sept 28 | Balloon Release |
| Oct 10  | Give Back Night |
| Nov 14  | Dr. Kirkman     |



### A Mother's Day Ode

I am your mother, but you, my child, I cannot hold.

It'll get easier with time, or so I'm told.

People may forget that I am your mother.

I'm part of a secret club we only share with one another.

But that doesn't diminish my love for you.

I think of you the whole day through.

I wonder what you're doing, my Precious Little One.

We connected by an Infinite bond which cannot come undone.

I will not let Death tear us apart.

I promise to always keep you alive in my heart

~Susan Mosquera, all rights reserved

"The healing power of even the most microscopic exchange with someone who knows in a flash precisely what you're talking about because she experienced that thing too cannot be overestimated."

~Cheryl Strayed, *Tiny Beautiful Things*

"Some people say it is a shame. Others even imply that it would have been better if the baby had never been created. But the short time I had with my child is precious to me. It is painful to me, but I still wouldn't wish it away. I prayed that God would bless us with a baby. Each child is a gift, and I am proud that we cooperated with God in the creation of a new soul for all eternity. Although not with me, my baby lives!."

~Christine O'Keeffe Lasfser, *An Empty Cradle, a Full Heart*