

GRIEVE

SHARE

HOPE



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**LARAMIE
COUNTY
GRIEF
SUPPORT
GROUP**

Healing Does Not Mean Forgetting

Five Stages of Grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

- Grief is a journey created by personal experiences developed to heal.
- Developing supporting relationships creates lasting friendships.
- Sharing one's experiences provides an opportunity for self-expression.

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love."

-Washington Irving-

