



"Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity. Grief is the price you pay for love. The only cure to grief is to grieve."

- Earl Grollman

PLEASE RSVP!

Use the QR code
or call or email us

918.508.7170
cbarzellone@cceok.org



Open to all loved ones
of guests at Porta Caeli
House who have
experienced loss.

CATHOLIC Eastern Oklahoma
CHARITIES | Love
Changing
Lives.
cceok.org



PORTA CAELI HOUSE
AT CATHOLIC CHARITIES

PEER GRIEF SUPPORT GROUPS

The loss of a loved one is
hard. You don't have to
grieve alone.
We are here for you.





“Those whom we love and lose are no longer where they were before. They are now wherever we are.”

–St. John Chrysostom

What is peer grief support?

Grief can feel isolating, but you don't have to face it alone. Our Peer Grief Support Group is a welcoming space where individuals who have experienced loss can come together to share their feelings, find understanding, and support each other through the healing process.

In this group, you will:

- Connect with others who understand your journey
- Share your experiences in a safe, confidential space
- Find comfort and strength in knowing you are not alone
- Heal through mutual support and understanding

Group details:

- **When:** Fridays from 2:30pm to 4pm
 - **Where:** St. Teresa of Calcutta Health Center at CCEOK campus
 - **Cost:** Free
 - **How to join:** Call 918.508.7170 or visit Porta Caeli House at cceok.org
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Why peer support?

- **Empathy:** Group members are people who have gone through similar losses and can relate to your feelings
- **Non-Judgmental Environment:** Share your grief without fear of being judged or misunderstood
- **Confidentiality:** What is shared in the group stays in the group, ensuring a safe space for everyone
- **Hope:** Find inspiration and comfort in others' stories of resilience and healing
- **Reduce Isolation:** Peer support groups provide a sense of community and belonging that helps to remind others they are not alone
- **Normalization of Grief:** Hearing that others feel similarly helps one to realize that their emotional responses are common and a part of the natural healing process
- **Opportunities to Learn Coping Strategies:** Members can share helpful coping mechanisms that have worked for them, helping individuals to expand their toolbox for managing grief
- **Prepare and Deal with Triggers:** Peer groups can provide support in handling difficult milestones – members can learn from each other how to navigate those emotional triggers