

Some of the services offered by the “Joy in the Mourning”® Center are:



SUPPORT GROUPS • Self-help groups where people who have common experiences with loss, come together to share and help each other find healing. Support Groups are offered free of charge. They are funded by individuals or corporate sponsors who believe that these groups are needed in the community.

CLASSES • GRIEF RECOVERY 101 • A six-week course offered for those who have experienced a recent loss and need education about how to move through the normal grief process. Not a therapy group, support group, or counseling. Reasonably priced. Family discounts. **SUPPORT GROUP LEADERSHIP TRAINING** • Two-part, 12-hour course. Part 1: “How to Be an Effective Helper”. Part 2: “How to Lead a Support Group”. Reasonably priced. **COPING WITH GRIEF THROUGH THE HOLIDAYS** • Offered every November to help those who have lost loved ones to cope meaningfully with holiday grief. Free of charge. Sponsored by Caughman–Harman Funeral Home.

GRIEF COACHING • Available to help individuals identify personal goals and achieve desired outcomes following life losses. Offered on a fee-for-service basis. Not covered by insurance.

INDIVIDUAL COUNSELING • Professional Counseling is important when a person has experienced a life-changing loss and needs help to start moving through the grief process. It is indicated especially if a loss is sudden, traumatic, or complicated by other circumstances. If you are feeling “stuck” in an emotion like depression, anxiety, hopelessness, anger, or guilt, grief counseling can often help. There is a fee for this service. Most insurance is accepted. Sliding scale fees are available for special circumstances.



RETREATS • One- or two-day getaways. A time to get away from everyday life and focus on healing after a loss. Retreats are offered intermittently and may be funded by grants and/or corporate or individual sponsors. There is a charge when funding is not available from other sources.



“Joy in the Mourning”® CENTER FOR LIFE LOSSES

The Center is a 501(c)(3) non-profit organization established in 2002. We help people *return to the joy of living* after a life loss. The Center is funded through the generosity of individuals, organizations, and businesses who believe in and support our mission. We invite you to become involved by:

- Referring people to the Center
- Becoming a Volunteer
- Coordinating a Fund-Raiser
- Making a Donation.
- Becoming a Corporate Sponsor

Thank you for your support!
(Make checks payable to: Joy in the Mourning Center)



Register your MVP card

with Food Lion at www.foodlion.com/InTheCommunity/ShopandShare.



Each time you shop at Food Lion and use your MVP card, a portion of your total grocery purchase will be donated to “Joy in the Mourning”® CENTER FOR LIFE LOSSES.

Thank you for your help!

What is a Life Loss?

A “life loss” is the loss of someone or something significant, important, or precious to us.

For more information or to make a donation, please call the Center at: 803-407-3185
or visit our website at: www.joyinthemourningcenter.org.

All donations and contributions are used in fulfilling the mission of the organization and are tax-deductible to the extent allowed by law.