

## Who are we?

Good Grief of Kansas is a self-help, nonprofit organization founded in 1993. We are a local bereavement program utilizing trained facilitators.

## What do we do?

Good Grief of Kansas provides support services and free social activities to bereaved men and women as they journey through grief into a new life without their loved one. Good Grief support services are available throughout Wichita and surrounding communities.

Check website [www.goodgriefokansas.org](http://www.goodgriefokansas.org) for location and time or call the office for assistance 316-612-0700.

## Outreach Programs

- ✿ Widowed Support Group
- ✿ Suicide Loss Support Group
- ✿ Social Support Events
- ✿ Seminars / Workshops
- ✿ Community Presentations
- ✿ Counseling Referrals



## How might you react when someone you love dies?

Often times grief is frightening to us because it can be so painful and overwhelming. People wonder if they are grieving in the “right way” and if their feelings are normal.

While grieving, many people may experience some of the following:

- ✿ Difficulty controlling emotions
- ✿ Fatigue
- ✿ A feeling of guilt or anger
- ✿ Difficulty concentrating
- ✿ Inability to cope with everyday events
- ✿ Indecision
- ✿ A feeling as though the loss isn't real, disconnect from reality
- ✿ Confusion and forgetfulness
- ✿ Remorse
- ✿ Thought of suicide and death
- ✿ Sadness
- ✿ Restlessness
- ✿ Depression
- ✿ Change in appetite
- ✿ Anger
- ✿ Feeling that others do not understand and even worse that they may not care
- ✿ Difficulty sleeping
- ✿ Loneliness
- ✿ Financial concerns
- ✿ Starts things and unable to finish tasks or loses track of time
- ✿ Feeling of guilt
- ✿ A feeling of tightness in the throat or heaviness in the chest
- ✿ Frequent changes in mood
- ✿ Concerns about the future

## *Mission Statement*

Good Grief of Kansas provides grief support for persons who have lost a loved one through death.



## *Memorial Gifts*

Memorials to Good Grief may be designated at the time of funeral arrangements or sent directly to Good Grief in memory of loved ones' Anniversaries, Birthdays, Memorial Day, Christmas, or any other special day.

When Good Grief receives a memorial gift, an acknowledgement card is mailed to the grieving family and a tax deductible receipt mailed to the donor.

Contact the Good Grief office with any questions.

This agency uses the Kansas relay service  
TDD 1-800-766-3777

Good Grief of Kansas is a tax exempt, nonprofit organization funded by:

- Memorials, Gifts, and Donations

### **Board of Directors**

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Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

#### *Board Members:*

Janet Cook  
Marilyn Nichols  
Merri Reed  
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## *For more Information Contact*

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# *Good Grief of Kansas Inc.*



*Providing grief support  
for persons who have lost  
a loved one through death.*