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.goodgriefofkansas.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
Executive Board:
Rick Cline, President
Kelly Blades, Secretary
Mary Evans, Treasurer

Board Members:
Janet Cook
Marilyn Nichols
Merri Reed
Ted Swan
Jim Yoder

For more Information
Contact
Good Grief of Kansas, Inc.
2622 W Central - Suite 401B
Wichita, Kansas 67203
316-612-0700

Email: info@goodgriefofkansas.org
Website: www.goodgriefofkansas.org

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