

ST. THOMAS BEREAVEMENT MINISTRY

If you or someone you know is suffering from a loss, support is available. The Bereavement Ministry of St. Thomas has printed materials on the wall, outside the kitchen in the church gathering space. Here you will find phone numbers, websites and locations for online, group, or one-on-one support. Healing Journals can also be found at the back of the church.

Calming the Chaos is a Grief Support Group held at the Burlington Senior Center, 587 East State Street, Burlington, WI (Hwy 11 and W). These sessions are led by Tammy Beardsley, Grief Specialist, on Fridays, 9 to 10:30 AM. Tammy's goal is to assist people dealing with the loss of a loved one by providing resources and emotional support as they work through their grief to find a new normal in their life. Loss of any kind is difficult to maneuver, but the most important thing to remember is you are not alone and there is no time frame for your grief.

In addition, the Parish has a subscription to FORMED, a premiere online platform filled with Catholic studies, including those related to bereavement. You must first sign up to access this content via <https://watch.formed.org/daily>. You will be prompted to enter your full name and email address. You will receive an email message from FORMED that allows you to access materials (including audio books, videos, films) pertaining to an array of topics.

For bereavement related items search "Grief" or "Bereavement". Several items will appear, including *Grieving with Great Hope*, an online grief support program. As a FORMED subscriber, you can access all 5 sessions of this series along with a workbook and guide.

Bereavement Group

St. Alphonsus Parish | 5960 W Loomis Rd, Greendale WI 53129-1824

First & Third Thursdays of the Month | 10:00 am – 11:30 am | Parish Ministry Center

A grief support group, with a Christian focus, for adults who have lost a loved one. All are welcome. For more information contact Kathy Knutel at 414-899-1628 or e-mail kmknutel@yahoo.com. Please call ahead if planning to attend.

Bereavement Support Ministry

St. Lucy Parish | 3101 Drexel Ave, Racine, WI 53403-3408

Third Monday of Each Month | 5:30 pm – 7:00 pm | Large Conference Room

Park in the small parking lot South of the church and enter through the main church entrance.

This monthly walk-in grief support group is for all who have lost a spouse, parent, child, or any family member. All are invited to feel the love of Christ through the support of others. For more information, contact the Parish Office at 262-554-1801.

Sharing Your Grief, Easing Your Loss

St. Leonard Parish | W173S7743 Westwood Dr, Muskego, WI 53150-9160

A monthly informal grief support group with topics of interest and open discussion on where participants are at that point in their grief journey, whether they are grieving a recent loss, or after many months or years. For more information, contact Bridget Klawitter at 262-679-1773 or e-mail bridget.klawitter@stleonards.org.

Companions on the Journey

Holy Apostles Parish | 3875 S 159th St, New Berlin, WI 53151-5060

Second Monday of Each Month | 6:30 pm - 8:00 pm | Holy Apostles Welcome Center

For more information, contact Ruthann Castelaz at 414-405-4564 or Michelle Ray at 414-333-0330.

St. Elizabeth Ann Seton | 12700 W Howard Ave, New Berlin WI 53151-6104

Second Wednesday of Each Month | 12:45 pm – 3:00 pm | John/Luke Room of Sippel Hall

For more information, contact Rita Capriolo at 262-782-6341. Next meeting will be March 12, 2025. Please call ahead if interested in attending as a light lunch will be provided.

Holy Apostles and St. Elizabeth Ann Seton Parishes collaborate to offer Companions on the Journey grief support groups for those who are grieving the loss of a loved one. Both groups offer an opportunity for bereaved people to share their stories of grief in a safe and supportive environment while growing in their understanding of the grieving process. Two trained volunteers facilitate each meeting.

Healing Hearts of Southeast Wisconsin offers both in person and Virtual group meetings. For more information email info.hhwc@gmail.com or call 262-751-0874.

Suicide Support Groups

Survivors Helping Survivors offers grief support for adults who have lost a relative or friend to suicide:

Aurora St. Luke's Medical Center, 2900 W. Oklahoma Ave., Milwaukee 53215. Registration not required. Contact: Mary Ellen, 414-543-0787, DeeDee at 414-732-7237 or ddslawny@aol.com

Tri-City National Bank, 4295 W. Bradley Rd., Milwaukee 53209. Ongoing participation. Contact: Joan, 414-545-8786 or MHA, 414-276-3122.

Survivors of Suicide Support Group

Piasecki-Althaus Family Service Center, 2002 52nd St., Kenosha 53140. Please call 262-658-4101 for more information.

GriefShare Grief Support Group: St. James Parish, Mukwonago

Sign up at GriefShare.org, enter Mukwonago's zip code: 53149

Collaborates with St. Theresa Parish, 136 W Waukesha Rd, Eagle, WI 53119-2026

Pre-registration is requested. For more information, contact Renee Hitt at [262-363-7615](tel:262-363-7615), x125 or hittr@stjmuk.org.

Community Church

Waterford Contact: Bernie Mann 262-534-2313 week, in person sessions. \$20 fee includes workbook.
