



NOT ALONE: SHARING OUR HEARTS, OUR GRIEF

A remote support group for adults affected by COVID-19
Co-facilitated by Elise Lark, PhD, LCSW & Rev. Robin Lane, LCSW

Five Fridays: noon to 1:30 pm
Dates: July 31 and August 7, 14, 21, 28

Grief is a natural response to a significant loss. How we experience an illness and dying process will influence how we grieve.

The unprecedented circumstances of the Coronavirus pandemic can complicate grief. Conditions family and friends encounter are enforced quarantine and constrained capacity to communicate with and visit loved ones; pronounced feelings of uncertainty and helplessness; prolonged hospitalizations; and sustained distress and anticipatory grief.

This support group is for adults who have had a loss due to the Coronavirus pandemic. Sharing one's grief with others with a similar traumatic loss can open a pathway to healing.

Elise Lark, PhD, LCSW is the founder of Circle of Friends for the Dying (CFD) and the forthcoming Circle Home, in Kingston, NY. She is a clinical social worker at the HealthAlliance Hospital Oncology Support Program and a member of the Palliative Care Team. She has a private practice in Woodstock and Olivebridge.

Rev. Robin Lane, LCSW is an ordained Interfaith/InterSpiritual Minister and a Clinical Social Worker, and has worked as a hospice chaplain and in the field of women's health. She recently retired as Dean in the One Spirit Interfaith Seminary, but continues to serve as Supervisor and Spiritual Counselor in their One Spirit's Interspiritual Counseling Program. She has a private practice in Woodstock, NY.

Suggested donation: \$0 to \$125 for the series. Kindly discern what you can afford.

Donations can be made online at www.cfdhv.org. All funds go toward opening Circle Home.

For more info and to register, contact: Robin at robinlane@msn.com or Elise at dreamlark115@gmail.com. The group will be limited to 10 participants. Please register early.

Circle of Friends for the Dying is a 501(c)3 non-profit organization in the Mid-Hudson Valley chartered to bring compassionate, competent care to individuals and their families by providing a Home filled with a circle of community support. Circle Home will provide access to quality end-of-life care in a warm and supportive setting. www.cfdhv.org