

When my wife died I walled up all of my emotions not wanting to experience the pain that is a necessary part of grieving. That made things worse because I ended up stuck in an emotional state that would not allow me to move forward to heal. The WPS 8 week course on grief and healing helped me to move in a positive direction to grieve and heal with other widowed group members giving help and support along the way. The monthly meetings and social events with the group also helped with the transition to a new life as a widowed person. The help and support from these caring WPS members is tremendous. Mike Stec, 53

By taking the class and meeting others in my same situation, it didn't make me feel so alone like I was the only one that ever lost a loved one. Through hurting so deeply by the loss of a spouse, I had an instant connection with others that have lost theirs as well. Life is about living, sharing and helping others. Kathleen "Kat" Stark, 45

The WPS group has helped me out so much because it gave me the opportunity to grieve with others who have experienced the same thing I have. No one understood as well as the WPS group and I am so thankful for everything they have done for me! Realizing there were others going through the same thing I was and thinking and feeling the same things I was became a real comfort to me and helped me mourn and grieve the sudden loss of my husband when I otherwise wouldn't have. The WPS group is an amazing bunch of people! Janiece Fousek, 22

Widowed Persons Service of Rapid City
P.O. Box 3023
Rapid City, SD 57709
605-838-0419
wps@widowedpersonsservice.com
www.widowedpersonsservice.com

Widowed Persons Service of Rapid City



*Through the experience of grief
Our lives have been brought together.*

*Through the sharing of our grief together
Our lives can experience healing.*

What is Widowed Persons Service?

We are a grief support group specifically designed to help the widow/widower. Meetings are held monthly, with a speaker or in a discussion group format. We have monthly social activities, offer 8-week bereavement classes and have outreach volunteers available for one on one visits.

Let others who have walked a similar journey be there to help you, as you work your way through grief to healing.

Thousands face losing a loved one each year. Since most of us have never been through this painful experience before, we are unprepared for the hurting and the healing process that lies ahead of us.

Every situation we face in our lives is better dealt with when we have knowledge and understanding about the journey. Join us as we learn more about the emotional, mental, and physical reactions to trauma and loss, and share coping methods and healing guidelines to get through (not over) the grief in our lives.

Monthly Support Meetings

Widowed Persons Service offers monthly support meetings designed to help the newly widowed person cope with life after the loss of a spouse. Meetings offer professional guest speakers including psychologists, doctors, nurses, and attorneys that cover topics such as: dealing with grief, helping children deal with the loss of a parent, nutrition, coping with the holidays, dealing with legal, financial/ tax issues, protecting yourself against identity theft, and much more. The monthly meetings also serve as a support network of other widowed people that understand first hand what the newly widowed person is experiencing as he/she makes the transition to life without their spouse.

Grief and Healing Classes

Twice a year, Widowed Persons Service offers an 8-week class on grief and healing. This small group class is designed to help the newly widowed move through the steps of grief so healing may occur. Grief deepens you. It allows you to explore the perimeters of your soul. Grief is the only gateway to certain levels of consciousness, and it is a hard task-master. Through grief you can explore every aspect of your dark side—anger, pain, abandonment, terror, loneliness. These are aspects of the sacred wound that in our daily lives we usually try to ignore.

Grief forces you to look at those parts of yourself that are not yet healed. If you can look at grief as a teacher, you will grow. The pain of grief is not the only teacher in this life, but if looked at properly, with awareness and an open heart, it is one of the greatest teachers of all.

Monthly Socials

Sometimes during the grief and healing process, it is difficult for the widowed person to socialize with past friends because those friends were "couple friends"—friends of both the deceased spouse and surviving widow. The monthly social events serve as a safe support event where widowed people can go to be themselves and socialize with other supportive widowed people. These outings include dining out, bowling, movies, caroling, bus trips to Deadwood, sporting events, potlucks, progressive dinners, Volksmarches, card parties and more.

Outreach Volunteers

Widowed Persons Service provides trained Outreach Volunteers. These volunteers provide outreach to the newly widowed, making the initial contact introducing the organization, extending an invitation to meetings and events, and supplying one-on-one support for the newly widowed, if requested.