



# Journey to Healing

*A newsletter for survivors of suicide*

**Second Quarter 2011**

Journey to Healing is a newsletter for survivors of suicide. Survivors are those of us whose lives have been changed by the completion of suicide by someone we knew. Journey to Healing is intended to let survivors know that you are not alone. If you would like to contribute an article or story for this newsletter, please send it to: Becky Kay, c/o Mental Health America of Greenville County 429 North Main Street, Suite 2, Greenville, SC 29601.

Survivors of Suicide Support Group – this group meets the 1<sup>st</sup> Tuesday of each month from 7:00 – 8:30 PM at St. Michael Lutheran Church, 2619 Augusta Street, Greenville, SC 29605. There is also a closed program for eight weeks designed to help adults, teens and children.

As we grow and recover, it is important to remember that the most powerful aid that SOS can provide new survivors is the companionship of others who have endured the same type of pain. For SOS to work at its best, we must continue going to meetings to help others after we no longer need to go to be helped.

SOS Support Team

This team of survivors who volunteer their time to reach out to survivors in need is available to anyone who feels the need to share with another survivor by phone or personal visit in between meetings. Please call CRISISline at 864 271-8888 to arrange a call or visit from a team member.

## ***Fathers Grieve Too***

Most of the time, fathers are neglected grievers. While we know a lot about grief now, people still aren't sure how to respond to a man's feelings. It's safer to ask how your wife is doing than to ask how you feel.

And as a man, you have a lot of thoughts and feelings now. You may feel: angry, depressed, lonely, hopeless, disappointed, confused, hurt, sad, afraid, out of control, confused, empty, guilty, helpless, like a failure, frustrated. You may have times of real panic and worry about your family. You may have lost the confidence of being the Daddy who makes things right. And you may spend a lot of time asking yourself "Why?"

This can be one of the toughest times in your life, and it's important to take care of yourself and the hurt you're feeling.

Every man is touched by tragedy at some time. You may find you need to be strong and take control. You may feel like you're talking care of everyone else, making all the arrangements and doing all the work. This can be especially true as you make funeral arrangements and greet family and friends. After the funeral, though, people are likely to expect you to act as if nothing

happened.

One grief counselor said "In our society we're allowed three days of grief...just through the memorial service." You never really "get over" your grief, as you begin trying to get back to normal, you may find your feelings popping up when you least expect them. Along with some feelings mentioned earlier: You may feel like you're going through the motions of living. You may feel distant from people. And you may find yourself unusually angry.

### ***Being Angry***

Men and women grieve differently. Women have more permission to cry and talk. Men have more permission to be angry. It's okay to be angry when your child dies. It's unfair, unjust and an angry situation. The biggest problem with anger is where to direct it. A lot of times dads do get angry at their wives and kids...just because they are around. When you think you're being angry for a long time or more often than you want, you may want to take a look at how you're directing your anger. Talking to another dad whose child has died, talking with your pastor, nurse, social worker or just a friend who can see things clearly can be helpful.

### ***Talking***

One of the things that can help your hurt is talking about your child. You have strong, cherished memories. You have memories of bad and good times and the actual experience of the death. When you don't talk about your child or your experiences and feelings your family may think you're cold and don't care. You may seem distant from each other and out of touch. If you have trouble talking, you may want to do just a little each day with your wife, friends or both. Remember: Talking may lighten your pain, clear your anger and affirm your feelings.

### ***Working***

This may be a time when you want to be careful about your work. You may find yourself using your job as a way to cover up your feelings. You may work until you become overly tired...hoping it will help you sleep. You may work to try to forget your grief when what you

may need is someone to listen to you and show they care. Work can be a distraction and it can be a relief, but it is seldom a total solution to sadness. It can also be very frustrating. You may find yourself: staring into space when you should be working, making more mistakes than usual, getting fed up when people ask about your wife, and not getting the support and care you need. Some of the support and care can come through your marriage.

#### Your Marriage

A lot of people think a child's death makes couples closer. Actually the opposite can be true. You may both be so wiped out with your grief that you can't lean on each other. You may be scared about what's happening to each other and to your relationship. If that happens remember: it's important to keep courting...even now. Talk about how you met. Remember how you fell in love. Share what you like about each other. Go out on a date, even if it's a short walk. Touch and hold each other. Realize you each grieve differently - respect each others way of grieving. Accept your first sexual sharing after the death as a warm, gentle caring that brings you close, affirms your tears and quiets your sadness. See if your area has a group of parents who have experienced the death of a child. If so, go to at least one meeting. Just hearing other fathers talk can make a big difference in how you see your grief, your marriage, your work and yourself. If you're a single father, a group may be especially valuable to you.

By Rev. Terry Morgan, Chaplain James Cunningham, Dr. Ray Goldstein and Earl Katz

Reprinted from website:

<http://members.tripod.com/~TAmy/father.html>, In honor of Paul Salvatore.

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### ***Lamenting Sons: Fathers and Grief Grief and Loss of Self***

This page and my others are, in part, an effort to understand what happened to my son and what happened to me.

I drew some insight from some Pink Floyd lyrics: "the child is gone, the dream is gone..." Part of me had died in more ways than one; something of me as well as my son was forever gone.

In *Loss and Change* (1986), Peter Marris wrote "The fundamental crisis of bereavement arises not from the loss of other but from the loss of self." When a child dies the "loss of self" is amplified.

We have not only lost our child, but also the part of us that they represent. We have lost the future that we would have made together. This is not the aspirations of academic, athletic, or professional success that we all may harbor. It is the vision of being together in the future as we were in the past.

Parental grief is different. The process is different and so is the aftermath.

#### Losing an Adult Child

Some of us got to see our child grow up, finish school, start a career, marry. It would seem that these "extras" should be of some consolation, but this is not so. In *Death, Grief, and Mourning* (1965), Greer writes: "The most distressing and long-lasting of all grief...is that for the loss of a grown child. In such a case, it seems to be literally true, that the parents never get over it."

Greer says that this is because parents see such loss as "against the order of nature" (i.e., children dying before their parents), or as punishment for their shortcomings. The orderliness of their universe is shattered along with their self-image.

In *Parental Loss of a Child* (1986), Rando cites four parental problems unique to this type of loss:

- Compromised completion of grief work because of age; less time to reintegrate.
- Less validation for the loss compared to the death of a younger child.
- Greater guilt because of the "unnaturalness" of the loss.
- Less participation in the services and settling of affairs.

Rando further comments that when an adult child dies both parents tend to be on the "same page" grief-wise, but that such losses are "the most severe grief of all for fathers."

#### Anger 101: A Primer for Grieving Dads

I am angry because of how my son came to die. My anger is a normal response to the nature of my loss. So are my thoughts about "getting even" and my inability to "forgive and forget."

Anger is characteristic of male grief. Anger is something that grieving fathers and those who love us must deal with. Anger is a serious and misunderstood issue of paternal grief.

Anger is a healthy emotion. It is not the same thing as rage and violence, but it can lead there. Anger is not necessarily unhealthy, but repressed anger certainly is.

Anger is a behavior as well as an emotion. Men respond to loss with action. Anger is an act. Grieving fathers "get mad." Acted out anger can escalate. However, anger can and must be controlled .

Grieving fathers may focus on who or what "caused" the loss of their child. Some of us have homicidal ideas. Thoughts of revenge and retaliation are to be expected. Acting on them isn't.

Anger can amplify feelings like guilt. It interferes with giving or getting support. It hurts our spouses, children, and others. They lost somebody whom they loved too.

What can you do? Own your anger. Acceptance is a start; denial is a cop out. *We use anger because we won't talk or let ourselves cry.* We don't have a monopoly on anger. We just allow ourselves fewer alternatives.

By Tony Salvatore, *in memory of Paul, 1968-1996* .  
<http://members.tripod.com/~LifeGard/index-4.html>

# *Do's and Don'ts written by Parents of Suicide*

## **DO...**

1. DO let me tell the same story over and over again – *without* your comments about your own losses
2. DO hug me again, and let me cry, and cry and cry and cry
3. DO call often and let me know you still care – even if I pushed you away last time
4. DO understand if I am too grief stricken to answer the phone – grieving saps all my strength
5. DO talk about the impact of this suicide with me, it's not contagious
6. DO respect that I need time to grieve and cry, at my own pace. Grief is the hardest work I will ever have to do. The fight for survival takes up every second of every day. It consumes my whole being
7. DO understand that it's a struggle for me to get out of bed, let alone cook and clean and shop etc. I haven't got the strength to ask for help. So, DO come and DO whatever needs to be done for me
8. DO allow me extra time to manage ordinary tasks – everything's a big blur – day and night
9. DO bring food or offer to shop for me – or just pop in for 5 minutes with a meal for us – you don't have to stay long ... little and often is better
10. DO understand that even small reminders of my loved one will bring on crying spells, but don't be afraid of my grief – it's better out than in! I actually need to 'get emotional' about my loss
11. DO listen quietly when I want to talk, or just sit quietly with me when I don't
12. DO ask open ended questions that allow *me* to talk – My concentration is in tatters. "Oh, and did I tell you my (child) died.....?"
13. DO call me to ask me to lunch or dinner or coffee. DO ask me again if I refuse the first, second or third time. Like Vitamin 'C', I DO need a little contact often / every day – just for very short periods
14. DO remember my other children are suffering too – I really appreciate whatever you can do to try and include them in ordinary life events you have
15. DO feel OK about saying to us that you just don't know what to say..... just saying that is helpful
16. As bereaved persons seldom call for help when they need a friend, DO make it your business to 'find the time' and call on me
17. Rather than showing your shock at my comments or behavior, DO assure me that my reactions are normal even if appearing to be bizarre. You can find out about 'normal' from the LBS website
18. DO offer to dial phone numbers for me if I'm unable to focus, but then hand the phone back if possible -*some* sense of control is important for me when everything else seems out of control
19. DO treat me with empathy, just like you would someone with a visible wound (broken arm etc). I may 'look' normal., but I am permanently wounded, my heart is broken
10. DO ask me "Do you want to go somewhere, grab a coffee and yak?"

## **DON'T...**

1. DON'T say you understand – unless your son or daughter has died by suicide, you don't and can't
2. DON'T be afraid to look me in the eye, I have not got a contagious disease
3. DON'T panic when I begin to sob uncontrollably and don't seek to cheer me up or calm me down prematurely – tears are often very healing!....and this *is* something worth crying about too!
4. DON'T be afraid to speak my loved one's name – so what if I cry!– we laugh together, so why not cry?
5. DO NOT ever use the word CLOSURE, there is no such thing as far as the death of my son... that word is an insult to all people grieving a loss....*survivors used much stronger phrases than written here to describe what they felt about people expecting them to find any sense of closure' – they were unprintable! Get the message?*
6. DON'T tell me to get over "IT" ...my loved one(s) was not an IT....and I'm forever changed and won't 'get over it' ...be prepared to get the know the 'new' me, because I have to
7. DON'T change the subject:... If I didn't want to talk of my (child) I would not mention him/her
8. Please DON'T avoid me or shut me out when I bring up my loved one's name or story
9. DON'T expect me to "get over" my (child's) death ~ this is a never ending journey that has been forced on me. I did not choose it, I did not ask to be on it. It is a journey that lasts FOREVER

10. DON'T just stay for the funeral and then move on and leave me alone – you might learn a lot yourself from choosing to connect with me 'little and often'
11. DON'T tell me I need to "get on with my life, or try to "fix" me
12. DON'T be put out if I don't accept your company because I do appreciate the offer. I'm just a mess right now and not good company
13. I'm sorry, but I DON'T want to hear about Johnny's cold, or Mary's problems with her teacher, or Fred's sporting prowess. It just makes me feel cheated/sad/angry
14. DON'T compare the death of an elderly relative, a friend, or spouse to the death of my child
15. DON'T say inane things like my child is in heaven or hell or a better place, I want them here with me
16. Since grief does not have a shelf life...please DON'T put a time limit on when you think I should be over grieving. I am doing everything possible that I think I need to every day! We ALL do our best
17. DON'T impose 'shoulds' (remember you wouldn't ask someone with a broken leg to high-jump)
18. DON'T use words such as 'lost', 'gone' or 'passed on', don't be afraid of using the word 'died'
19. DON'T tell me about the losses or the coping styles of others – I can only take in my own story at this stage. I don't even want to watch the news as everything else except my loss seems so trivial
20. DON'T push me into making any big decisions and changing too much in the next 12 months
21. DON'T try to fix me; most people adapt to loss by ventilating their loss in an accepting and validating environment. ...so don't suffocate my ventilating by avoiding the subject
22. DON'T try to accelerate the process of my bereavement. Be assured I am doing all I can to work through my shock and grief – just be very, very patient with me
23. DON'T think of me as in need of 'treatment' – grief is a normal response to death –. I am grieving..... My world has been turned upside down and inside out. My life will never be the same again. I will never be the same again. This is as good as it gets.

Reprinted with permission from Living Beyond Suicide (Southern Australia).  
www.anglicare-sa.org.au/lbs, Anglicare, 184 Port Rd., Hindmarsh, SA 5007

Parents of Suicide [www.pos-ffos.com](http://www.pos-ffos.com)

dos  
&  
don'ts



## *Within Our Circle – A Broken Heart Still Beats*

### *Hold On To Your Loved Ones....*

Hold on to your loved ones like today is coming to an end, hold on to your loved ones because they'll always mean more than a friend. Tell them how much you love them and never hold onto a fight. You see, you'll never know if today could be their last night. Hold on to your loved ones because time is not promised to anyone. Never in a million years would I have thought my father would die by a gun. Hold on to your loved ones before it becomes too late.

Say I love you, give hugs and kisses, that's all it really takes. Hold on to your loved ones, don't live in the past, because when death comes, it all happens so, so fast. Hold on to your loved ones, because one of mine has left. All I have left of my father is memories on a shelf.

Hold on to your loved ones because death has torn my family apart. I would do anything to talk to my dad, and be granted a fresh start. Hold on to your loved ones because this is what God wants us to do.

Life for me hasn't been the same without you, and at one point, I too, thought I was through. Hold on to your loved ones, it's not really that hard...take time to send flowers and maybe pick up a simple card.

Hold on to your loved ones, because I wish I had held on to mine., I never got to say I'm sorry, I love you or Dad, you're the best of all times.

Hold on to your loved ones, because death has left me with endless tears. I guess it will get a little better as I go through the years. Hold on to your loved ones as tight as your arms can grip. It seems like just yesterday, I was attached to my daddy's hip. You see, I didn't hold on to my loved one and God called him home. Now when I want to see him, I have to visit a tombstone.

Daddy, I never told you how much I loved you, or what you meant to me, but know we'll meet again, and you'll still be proud of me!

So I'm going to hold on to all my loved ones that still have love for me, because I don't want them to leave this world not knowing what they meant to me.

Hold on to your loved ones, because I promise to hold on to mine...until we meet again in heaven, Daddy, don't worry, your baby girl will be just fine!

I love you today, tomorrow and always!

Kimberly Blanton, 2011



## *Inspirational*

In the spring two of the prophetic religions have major feasts with Christians celebrating Easter and Jewish people celebrating Passover. These two celebrations are very rich in rituals and pageantry. Ritual and prayers are significant. These are two of the great gifts of our traditions because they are awakening sacraments to experience the divine presence through these rituals. These rituals remind us of very significant experiences in our religious traditions. They make present to us the divine interventions of our God. These rituals make our God present in very special ways.

The very purpose of rituals is to make present special people or special events. We have rituals to remember anniversaries of all different types - weddings, birthdays, retiring parties and other special events. Rituals awaken in us special life experiences and we use these rituals to remind us of special events in our lives. I am a great believer in rituals and the importance of remembering key events and people who are a part of our past. That is the reason that I suggest having rituals to remember our loved ones who have passed the threshold to the hereafter - whatever that means to us. The rituals are meant to keep these loved ones as a part of our lives. They awaken in us the presence of these loved ones. The rituals do not necessarily have to have a religious meaning. They should be expressions of who we are and what level of experience we feel comfortable in expressing. The ritual should reflect that person or persons that we want to remember. The person that we want to remember might not have been very religious so it might not be very fitting to have a religious type of ritual. A poem might be more in keeping with who that person was and so would be most appropriate as a ritual. A favorite song would be another example of a ritual to remember a loved one. It could have been their favorite song and to play it would be a special way to make their presence more apparent to us. There are a myriad of ways to remember our loved ones and the important thing is that we remember these people who continue to be so important to us even though they have passed on. They continue to be a part of a family and human system. Their death did not take them out of a particular family. They do not have the presence that living family members have to each other but they are still a part of a family. Certainly, to remember them in rituals shortly after their death is a very painful experience and their absence is most pronounced and this can cause other people to be uncomfortable and sad. The alternative is to ignore our dearly departed loved ones and carry on as if they never existed. That, to me, is the height of disrespect to a loved one. The rituals make these people present to us in a very special way. The purpose of religious rituals is to come in contact with God or some other Deity and through these rituals we experience the presence of God. The rituals that we perform in memory of our loved ones have the same purpose. We want to do something to come in contact with them and to remember them. They were important to us in life and they continue to be important to us even though they have died. The ritual somehow brings us in contact with our loved ones.

As time goes on and these rituals become part of a family tradition and family members become more comfortable remembering loved ones if the rituals are not strange happenings but become part of a family tradition. Rituals make people present who otherwise are not present to a family. When a person has departed in death they will never be present in the same way as they were when they were alive. The ritual awakens in people the presence of a dearly departed loved one. I can't stress enough the importance of engaging in rituals to remember loved ones who have died. That guarantees them a place in a family even though they are no longer physically present in that family. They will never be forgotten as long as there are rituals to remember them. One favorite mantra of mine is "a tragedy worse than the suicide of a loved one is if that person were to be forgotten and as long as there are rituals to remember that person they will never be forgotten". Appropriate rituals are healthy ways to remember our loved ones.

As always, I want to assure all of our SOS family members of my thoughts and prayers and I encourage all SOS members to remember each other in the same way-especially those who have recently joined our family.



## *Reflections by Becky*

We accept without question uniqueness in the physical world.....fingerprints, snowflakes, etc. But we often refuse that same reality in our emotional world. This understanding is needed, especially in the grieving process.

No two people will ever grieve the same way, with the same intensity or for the same duration.

It is important to understand this basic truth. Only then can we accept our own manner of grieving and be sensitive to another's response to loss. Only then are we able to seek out the nature of support we need for our own personalized journey back to wholeness and be able to help others on their own journey.

Not understanding the individuality of grief could complicate and delay whatever grief we might experience from our own loss. It could also influence us, should we attempt to judge the grieving of others – even those we might most want to help.

Each of us is a unique combination of diverse past experiences. We each have a different personality, style, various way of coping with stress situations, and our own attitudes influence how we accept the circumstances around us. We are also affected by the role and relationship that each person in a family system had with the departed, by circumstances surrounding the death and by influences in the present.

### *Past Experience*

Past experiences from childhood on, have a great impact on how we are able to handle loss in the present. What other losses have we faced in our childhood, adolescence, or adulthood? How frightening were these experiences? Was there good support? Were we allowed to express our feelings in a secure environment? Has there been a chance to recover and heal from these earlier losses?

What other life stresses have been going on prior to this recent loss? Has there been a move to a new area? Were there financial difficulties, problems or illness with another member of the family or with us?

What has our previous mental health history been like? Have we had bouts with depression? Have we harbored suicidal thoughts? Have we experienced a nervous breakdown? Have we been treated with medication or been hospitalized? How has our family cultural influences conditioned us to respond to loss and

the emotions of grief (stoic father, emotional mother, etc.)?

### *Relationship with the Deceased*

No outsider is able to determine the special bond that connects two people, regardless of the relationship, role or length of time the relationship has been in existence.

Our relationship with the deceased has a great deal to do with the intensity and duration of our grief. What was that relationship? Was the deceased a spouse? A child? A parent? A friend? A sibling? How strong was the attachment to the deceased? Was it a close, dependent relationship, or intermittent and independent? What was the degree of ambivalence (the love/hate balance) in that relationship? It is not only the person, but also the role that person played in our life that is lost. How major was that role? Was that person the sole breadwinner, the driver, the handler of financial matters? The only one who could fix a decent dinner? Was that person a main emotional support, an only friend? How dependent were we on the role that person filled?

### *Circumstances Surrounding the Death*

The circumstances surrounding the death; i.e., how the death occurred, are extremely important in determining how we are going to come to an acceptance of the loss. Was the loss in keeping with the laws of Nature as when a person succumbs to old age? Or was order thrown into chaos, as when a parent lives to see a child die?

What warnings of loss were there? Was there time to prepare, time to gradually come to terms with the inevitable? Or did death come so suddenly that there was no anticipation of its arrival? Do we feel that this death could have been prevented or forestalled?

How much responsibility am I taking for this death? Do we feel that the deceased accomplished what he or she was meant to fulfill in this lifetime? Was their life full and rewarding? How much was left unsaid or undone between the deceased and ourselves? Does the extent of unfinished business foster a feeling of guilt?

### *Influences in the Present*

We have looked at the past, at the relationship, and how the loss occurred. Now we see how the influences in the present can impact how we are finally going to come to terms with a current loss.

Age and sex are important factors. Are we young enough and resilient enough to bounce back? Are we old enough and wise enough to accept the loss and to grow with the experience? Can our life be rebuilt again? What opportunities does life offer now? Is health a problem? What are the secondary losses that are the result of this death? Loss of income? Home? Family breakup? What other stresses or crises are present?

Our personality, present stability of mental health, and coping behavior play a significant role in our response to the loss. What kind of role expectations do we have for ourselves? What are those imposed by friends, relatives and others? Are we expected to be the "strong one" or is it all right for us to break down and have someone else take care of us? Are we going to try to assume an unrealistic attempt to satisfy everyone's expectations, or are we going to withdraw from the entire situation?

What is there in our social, cultural and ethnic backgrounds that give us strength and comfort? What role do rituals play in our recovery? Do our religious or philosophical beliefs bring comfort or add sorrow and guilt? What kind of social support is there in our lives during this emotional upheaval?

#### **Conclusion**

When a person who is a part of our life dies, understanding the uniqueness of this loss can guide us in finding the support we will need and to recognize when help should come from outside family or friends.

When someone under our care or someone we'd like to help experiences a loss, this understanding is essential. Thus we can guard against a temptation to compare or to judge their grief responses to our own. The awareness of those factors that affect the manner, intensity and duration of grief, should enable us to guide the grieving person in seeking those forms of support suggested by the nature of their loss and the unique way it affects them.

Take care of yourself while you are going through this horrific time of grief that will be ongoing....there are no guided tour people to show us the right or the wrong way to journey....we find our support through the love of a group of peer-led people at Survivors of Suicide (SOS) who have walked their journey and are willing to share, even the most personal of goals they find to aid them towards the imperfect peace of life without our loved ones.

#### **A few quotes to help you along your journey:**

If knowing answers to life's questions is absolutely necessary to you, then forget the journey. You will never make it, for this is a journey of unknowable's – of unanswered questions, enigmas, incomprehensible's, and most of all, things unfair.

~~Madame Jeanne Guyon~~



I will not die an un-lived life.  
I will not live in fear  
of falling or catching fire.  
I choose to inhabit my days,  
to allow my living to open me,  
to make me less afraid,  
more accessible;  
to loosen my heart  
until it becomes a wing,  
a torch, a promise.

~~Dawna Markova~~

#### ***The Blessing of Memory***

It is hard to sing of oneness when our world is not complete, when those who have brought wholeness to our life have gone, and naught but memory can fill the emptiness their passing leaves behind.

But the memory can tell us only what we were, in company with those we loved; it cannot help us find what each of us, alone, must now become. Yet no one is really alone; those who live no more, echo still within our thoughts and words, and what they did is part of what we have become.

We do best homage to our dead when we live our lives most fully, even in the shadow of our loss. For each of our lives is worth the life of the whole world; in each one is the breath of the Ultimate One. In affirming the One, we affirm the worth of each one whose life, now ended, brought us closer to the Source of life, in whose unity no one is alone and every life finds purpose.

*From a Jewish Prayer Book*

*Grace and peace,*

*Becky*



If you are interested in having a part in the *Journey to Healing* Newsletter we welcome your poems, articles, newspaper clippings or readings that have been helpful to you. This newsletter should be not only an instrument of healing, encouragement and education but also a reflection of who we, the survivors are and who we have become. We need your help and input to make this meaningful for everyone and invite your feedback to tell us what additional information you would like to see addressed. Thanks!

[There is] a time for mourning, a time for dancing" (Ecclesiastes 3:4). But mourning and dancing are never fully separated. Their "times" do not necessarily follow each other. In fact, their "times" may become one "time." Mourning may turn into dancing and dancing into mourning without showing a clear point where one ends and the other starts. Often our grief allows us to choreograph our dance while our dance creates the space for our grief. We lose a beloved friend, and in the midst of our tears we discover an unknown joy. We celebrate a success, and in the midst of the party we feel deep sadness. Mourning and dancing, grief and laughter, sadness and gladness - they belong together as the sad-faced clown and the happy-faced clown, who make us both cry and laugh. Let's trust that the beauty of our lives becomes visible where mourning and dancing touch each other.

~~Henri Nouwen~~

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Address Correction Requested

*Bringing wellness home.....*