

Educational Support

For all events please RSVP to the WPS office (616) 538-0101 or info@wpsgr.org

Helping Yourself By Helping Others Through Grief

Daytime Support Group
Tuesday, May 14, 2019
12:00 Lunch, 12:30 Meeting

Consider arriving early to join the facilitators during the lunch hour to allow more time to share your stories with each other. (Bring your own lunch).

Facilitators: Lorraine Thenikl and Jim Readwin

Location: WPS Office, 4211 Clyde Park SW, Wyoming, MI

Directions: West of 131, North of 44th Street; park in the lot with the State Farm sign at the top and walk up the sidewalk between the two buildings to the second floor on the left.

I Still Can't Believe My Spouse is Really Dead and Never Coming Back

Evening Support Group
Friday, May 10, 2019
6:30 pm

No time for dinner? Please feel free to join volunteers and others for a bite to eat before the meeting, 5:30 pm in the deli at Family Fare Foods next to First and Main.

Facilitators: Beverly and Bob Van Heide

Location: First & Main of Metro Village, 5812 Village Dr. SW, Wyoming, MI

Directions: Enter through the front entrance. Meeting room on the left.

I Still Can't Believe My Spouse is Really Dead and Never Coming Back

Evening Support Group
Tuesday, May 28, 2019
7:00 pm

Facilitators: Kim Slupe, Carol Drake and LEEANNE DAGLOW

Location: Knapp Reformed Church

4025 Knapp St. NE Grand Rapids, MI 49525

Friend-To-Friend Lunch

Tuesday, May 28, 2019
12:00 pm

Bring your lunch and share time together at the office with other newly widowed people and the office staff. It's another opportunity to share your stories and support each other. No planned topic.

Hosts: Peggy Hayes and Sandra Conley

Location: WPS Office

May Social Support: Newly Widowed

For all events please RSVP to the WPS office at (616) 538-0101 or info@wpsgr.org

THIS MONTH'S SOCIAL SUPPORT LUNCH/DINNER

Sunday, May 5 @ 5:30 PM

Location: Monelli's
5675 Byron Center SW
Wyoming, MI

Wednesday, May 22 @ 1:00 PM

Location: Bob Evans
6565 Kalamazoo SE
Grand Rapids, MI (off of M6)

Monthly social activities are coordinated by WPS volunteers who have been widowed. Social activities sponsored by WPS are intended for those who are current support group participants and still actively grieving. Our goal is that by attending social events, an important component to your grief journey, you begin to gain confidence in life as a single person and you expand your horizons beyond WPS. WPS holds to the view that once a person is dating or remarried, they are through their grief journey and therefore no longer need the support of social activity (primary) services of WPS.

Join this friendly group for an afternoon of fun and friendship. WPS encourages you to take this opportunity to make new friends who are going through the same loss you are, to help you through the grief process. This event is for those who have been widowed in the last two years or are actively attending support group meetings.

May Social Support: Independent Social Opportunities

The following activities are being held independent of WPS programs. WPS encourages the maintenance of friendships gained through participation in our services. If you have Widowed Persons Services helpful, these opportunities may be of some interest to you as you integrate and adapt into your life as a single person. Please call or emails contacts listed below to RSVP and for further information. As a non-profit organization, your \$25.00 contribution to the newsletter renewal enables WPS to inform all current and past participants on all support and social opportunities and helps provide the newsletter to those who have become recently widowed.

Line Dance Lessons At Gilda's Club

Monday, May 13 at
7:30 pm
Location: Gilda's Club
1806 Bridge St. NW,
Grand Rapids, MI
RSVP: 135shylock@gmail.com

It's Time for Golf!

Tuesdays: May 7, 14, 21 & 28 at
11:00 am (month of May only)
Location: The Pines Golf Course
5050 Byron Center SW
Wyoming, MI
RSVP: 135shylock@gmail.com

Potluck, Cards, and Game Night

Wednesday, May 22 at
5:30 pm
Location: The Elks
2715 Leonard NW
Grand Rapids, MI
RSVP: 135shlock@gmail.com

Karaoke Night



Friday May 17th from 8:00 to 12:00
(Arrive by 7:00 pm)
St. Casimir Hall (at 6th Street and
Davis). Bring a snack to pass.
Come join the fun!

Riverboat Cruise

June 13 @ 6:00 pm
Location: 825 Taylor St. Jenison
Boarding 6:00 p.m., boat departs
at 7:00 p.m. for a 2-hour cruise
with live music by the Adams
Family Band. See WPS website
for further info. Tickets purchased
at [www.grandlady.info/events_or
phone 616-457-4837](http://www.grandlady.info/events_or_phone_616-457-4837). After you
purchase your ticket, email
leannedaglow@gmail.com so that
we save a seat for you.



Bring a dish to pass and serving
utensils. Coffee furnished.

Walking Program

Thursdays: May 2, 9, 16, 23 & 30 at
10:00 a.m.
We will meet in the parking lot at
Oriole Park on 42nd St. in Wyoming.
Half a mile, paved trail

Upcoming Highlights

Traveling Through Grief Classes

Traveling Through Grief

6-Week Support Group

Widowed Persons Service will be offering *Navigating the Journey Through Grief*, facilitated by Peggy Hayes and Sondra Conley.

This 6-week structured and intense study/support group is designed for men and women widowed between 5 months and 18 months.

As a means of providing tools to travel through the grief journey in a healthy and intentional way, the following questions and many others will be addressed:

- ◆ How do I learn to accept the death of a spouse?
- ◆ How do I deal with the emotional pain that accompanies a broken heart?
- ◆ How do I get through the dark nights of loneliness?
- ◆ How do I put together the pieces of a shattered life?
- ◆ What is my purpose now?

What: Traveling Through Grief

When: Friday, May 3 thru June 7 from 10 am to noon

Where: WPS Office

Who: Those widowed 5 months – 18 months

Cost: None

REGISTER EARLY at 538-0101 or info@ wpsgr.org

*Limited to 10 participants to maintain a small group setting.

Monthly Fundraiser Dinner

Monday May 8th

5:00 pm to 9:00 pm

Beltline Bar

16 28th Street SE Grand Rapids, MI

15% of your in-house food and beverage purchases, on the specified date/time will go to support Widowed Persons. Please come support and join the fun!

Save the Date

Upcoming Event

Thursday May 16th

Annual Spring Breakfast

Same event as the

Spring

Luncheon. Now being held at an earlier time.

May 18th 9:00 –

1:00 pm

Growth through Loss Seminar at First and Main.

Still time to register.

Call the office at 616-538-0101.

Spread the Word

Come join fellow Widowed Persons for Coffee and Conversation at Marge's Doughnut Den on 28th St. Friday mornings at 9:00 am.



**Widowed
Persons
Service**

GROWING THROUGH GRIEF

Non-Profit Organ.
U.S. Postage
PAID
Permit No. 70
Grandville, MI

4211 Clyde Park, SW (Unit C)
Wyoming, MI 49509
Return Service Requested

Monthly Newsletter
May 2019
Issue 117

Our Mission

Widowed Persons Service (WPS) is organized exclusively for the purpose of offering supportive services to those individuals in the greater Grand Rapids area who have suffered the loss of a spouse through death.

Our Vision

To provide actively grieving widowed men and women a safe and healthy environment in which to process their grief, resulting in an enriching life as a single person.

Our Process

WPS offers each grieving individual peer-to-peer support based on the belief that a widowed person is best helped along his/her grief journey with the help of other widowed people who have had similar experiences.

AmazonSmile

You can support WPS by making purchases on Amazon. Amazon donates 0.5% of the prices of your eligible AmazonSmile purchases to the charitable organization of your choice. To sign up, login at smile.amazon.com and select **Widowed Persons Service- Wyoming**, found under the search box at the top of the page.

WPS Updates

Stay updated with Widowed Persons Service online:



www.wpsgr.com



Widowed Persons GR



**Widowed
Persons
Service**

GROWING THROUGH GRIEF

Office Hours

Tuesday – Thursday: 9 am – 2 pm

Contact Us

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Wyoming, MI 49509
wpsgr.org | info@wpsgr.org