

# Shenandoah Valley Grief Services

A program of Lutheran Family Services of Virginia serving Augusta, Rockingham, Page, and Shenandoah Counties housed at Grace Lutheran Church, 500 South Wayne Avenue, Waynesboro, VA 22980 • [www.griefvirginia.org](http://www.griefvirginia.org)

## **SURVIVORS OF SUICIDE SUPPORT GROUP**

A support group for people who have lost a loved one to suicide meets the second and fourth Tuesday of each month. This group is non-judgmental, member-led, and open to people of all beliefs. The meetings are held from 7:30 p.m. to 9 p.m. at Christ Lutheran Church, 2807 North Augusta Street, Staunton. The support group is facilitated by the Shenandoah Valley Grief Services, a program of Lutheran Family Services of Virginia. For more information, contact Cynthia L. Long, Grief Support Specialist, at (540) 383-2902 or Sean McGowan, group member, at (540) 490-COPE. This group is co-sponsored by the AHC Community Health Foundation.

## **SOME THINGS TO KNOW ABOUT GRIEF**

Grief is how people respond to loss. All people encounter loss in their lives. People face loss when we experience a divorce in the family, change jobs, lose relationships, see our children move away from home, deal with a chronic illness or physical condition, experience the death of a loved one, and age. People respond to losses by grieving emotionally, physically, mentally, socially, and spiritually. Support for bereaved individuals is available at Shenandoah Valley Grief Services, a program of Lutheran Family Services of Virginia.

## **SOME FACTS AND FIGURES TO PONDER**

- More than 1.2 million children in the U.S. will lose a parent to death by the age of 15.
- One in 5 of these children will develop a psychiatric disorder.
- Divorce affects 1.5 million American children each year.
- The Census Bureau says that 50% of marriages that take place today will end in divorce.
- In Rockingham County, VA in 2004, 959 couples married, while 437 couples divorced.
- In Page County, VA 36.9% of children under the age of 18 live in poverty with a single female head of household.

The number of Virginians age 85 and older will increase dramatically between 1990 and 2025. This number will increase 5 times faster than the state's total population growth.

For more information about Shenandoah Valley Grief Services, contact Cynthia L. Long, D. Min., Grief Support Specialist, at 540-383-2902 or email [clong@lfsva.org](mailto:clong@lfsva.org).



Lutheran Family Services  
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*Grieving is as natural as crying when you are hurt, sleeping when you are tired, eating when you are hungry, or sneezing you're your nose itches. It is nature's way of healing a broken heart."*

*—Don't Take My Grief Away From Me by Doug Manning*