

There is strength and power in a support group.

“A fine glass vase goes from treasure to trash, the moment it is broken. Fortunately, something else happens to you and me. Pick up your pieces. Then, help me gather mine.”

- Vera Nazarian, The Perpetual Calendar of Inspiration



Eligibility

Anyone 18 or older who has experienced loss via homicide is welcome and encouraged to attend these meetings. At this time, we cannot accommodate children or teens under age 18.

For some people, continued attendance will help them heal the most. Others may find their healing in dropping in to meetings during particularly challenging weeks. Whenever you are ready or able, we invite you to join us for a meeting.

These groups are free and open to the public, as are all services at the Delaware Center for Justice.

Funding

This program is funded through the Delaware Criminal Justice Council by the U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime, subgrant #VF14-1510.

The Delaware Center for Justice, Inc. (DCJ) is the leading non-profit organization in Delaware committed to transforming the quality of justice through advocacy, policy, and practice.

Healing After Homicide

Support Group for Grieving Loved Ones



Clinical Group Facilitator:
Priscilla Murphy, LPCMH
Delaware Center for Justice, Inc.
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www.dcjustice.org





Why Attend?

Many people are unsure of whether they want to attend grief support meetings. By taking advantage of grief support services, a person can confront and examine any number of common feelings many express following the death of a loved one.

Those who have attended grief support groups express how they learned by listening to others and by sharing their feelings. Of those attending, many say they no longer feel isolated from their grief. In many instances, friendships are formed among those in attendance, and that support can carry over outside of the specific hours of the group.

Last but not least, we know that grief counseling—while vital to the healing process—is an expense many families cannot accommodate. Healing After Homicide provides a no-cost opportunity to receive support from a licensed counselor with decades of experience in private practice.

All programs and services at DCJ are offered free of charge.

Topics Covered

Areas explored include:

- Feelings of intense loss after a loved one has died
- Feelings of anger, sadness, withdrawal from friends, lack of concentration, sleeping & eating problems, and disengagement
- Deciding when to dispose of a loved one's belongings. When is the right time for you?
- Memorials or special ways to remember and honor your loved one
- Self-care
- How to handle “down days” or periods where you feel overwhelmed by grief
- Getting through holidays or special days you shared with your loved one

Our Groups

Meetings are from **6pm-8pm**, alternating between Monday and Tuesday two times per month, as follows:

Monday, Feb 6, 2017

Tuesday, Feb 21, 2017

Monday, March 6, 2017

Tuesday, March 21, 2017

In February, the group will meet at:

Kingswood Community Center
Board Room
2300 Bowers St
Wilmington, DE 19802

In March, the group will meet at:

Wilmington Public Library
Jacob Broom Room
10 E 10th St
Wilmington, DE 19801

Dates for future meetings will be posted at www.dcjustice.org and 302-658-7174 ext. 39.

To learn more, visit www.dcjustice.org, email pmurphy@dcjustice.org, or call 302-658-7174.