



The Gay & Lesbian Community Bereavement Support Group of South Florida

Founded: June 6, 2004.

Group Founders:

Daniel C. Lamberti, MSW; Mary O'Connor; Marc Kepner, Ph.D., and Richard Langhorne

Lead Group Facilitator & Coordinator:

Daniel C. Lamberti, MSW



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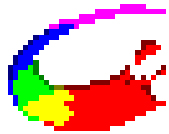


About Grief, Loss, and the Bereavement Process:



But What Can You Do To Help Yourself – Right NOW!!

The Gay & Lesbian Community Bereavement Support Group of Fort Lauderdale is for Gay, Lesbian, Bisexual, and Trans-gendered people of all ages, faiths, and cultures - including their friends & family. Hopefully, by attending this support group and participating in the discussions that evolve during group exercises, many will find a new personal perspective and/or insight concerning their Grief and Loss, and the Bereavement Process. And perhaps, more importantly – awareness, that “Life” will and does continue.



The Gay & Lesbian Community Bereavement Support Group of Fort Lauderdale mission is to provide a safe and supportive atmosphere for those individuals who are or have been experiencing grief and loss of a loved one. Group discussion and exercises will contribute and provide an opportunity for individuals to build a foundation that will assist them to “collect their thoughts” and focus on how to cope with their feelings and emotions. Our primary goal is for group members to take a more proactive role to recognize and accept their way through the bereavement process. As a result, group members can reexamine their individual identity and uniqueness – so that they can move forward and reclaim their verve of Life.



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Sponsored By: The Pride Center at Equality Park

Lead Group Facilitator & Coordinator:

Daniel C. Lamberti, MSW

Group Meets: 2nd & 4th Sunday of Every Month
2:00 - 4:00 PM at



2040 North Dixie Highway
Wilton Manors, FL 33305



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About Grief, Loss, and the Bereavement Process

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About Grief, Loss, and the Bereavement Process:



Everyone has a different personal perspective about grief and the loss of a loved one . . .
More importantly, the bereavement process is different for all of us . . .
We are not merely grieving – We are surviving the loss of a loved one . . .

The depth or intensity of grief is different for everyone and changes over time, depending on the progress of each individual's personal growth and coming to terms with the loss of a loved one through the bereavement process.

For many people who have lost a loved one, at times it seems . . . The love one's passing is an ending . . .
And yet, for others . . . A loved one's passing is a new beginning . . .

As a result, there is no right or wrong way that someone experiences grief concerning the loss of a loved one. There is no one answer – nor is there a shortcut or magic formula or easy way out – during the bereavement process. And, although, many experts try to list "the stages of grief" and "phases of bereavement" to make it easier for people to understand the bereavement process – there is no real order or diagram to follow. Grief and the bereavement process is like a long winding road – with many different pathways that hopefully will eventually lead you to your final destination – and everyone needs to discover their own way down that road.



Keep in mind – Death is Normal – and an eventual Fact of Life . . .

And each individual is affected and reacts differently to the loss of a loved one emotionally . . . And without a doubt, emotions are not logical and do not follow a seemingly obvious or organized and prearranged order . . .

To be more precise – like Life itself – Emotions are ever changing . . .

So it is important to know, at this time, how you react to the loss of a loved one and what you do now, are based upon the choices you make – Today.

Moreover, depending on your own life experiences, culture, and those around you, including your family members, friends, and acquaintances . . . **YOUR Emotions** – can and will alter your outlook about the loss of a loved one and your life – **Today . . .**

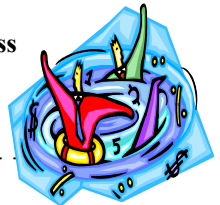


Particularly given the fact that – as Gay, Lesbian, Bisexual and Trans-gender Individuals – we are already, for the most part, disenfranchised by society in general. And even though, there seems to be many people in society who are changing their attitudes and perceptions about the GLBT Community today, they have not yet accepted that we might want or already have long-term relationships. There are some people, in certain areas of our society, who still do not comprehend or even acknowledge our loving relationships and the grief that we – as GLBT individuals – experience throughout our lifetime about the loss of a loved one.

Consequently, for a few of us, our relationships with others are considered unacceptable and/or trivial to some of the people who are close to us, especially those individuals who do not understand or may have difficulty recognizing our relationships with member of the same gender – as either a loving one and/or as significant. They may even convey the message or suggest to us that we should suppress our feeling and emotions concerning our loss of a loved one. And as such, to grieve our loss of a loved one, we are sometimes denied the opportunity to publicly mourn and are at times forced to endure our burden alone.

So trying to understand the grief and loss you are experiencing during the bereavement process can be as complex – as it is important.

Reactions to the loss of a loved one, involve a wide and confusing range of emotions . . .
Shock – Confusion – Denial – Anger – Guilt (Real or Imagined) – Hopelessness – Fear & Anxiety . . .
Some can even lead to more discomfort, turmoil, or uncertainty – than answers . . .



All these emotions are normal responses to the loss of a loved one, but if any of these feelings become overwhelming for a pro-longed period of time, it is vital that you seek professional help from a counselor or therapist.

Just remember - **YOU are not alone** – help is available . . .



Others who have felt what you are feeling – and the emotions you are experiencing now – stand ready to assist you in coping with the loss of a loved one that include support groups and various professionals. Call The Pride Center Switchboard at 954-463-9005 if you need a referral or further information.

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First and foremost – realize that the situation may be out of your control for the moment and that all you can do right now is try to cope as best YOU can with the loss of a loved one. Grief is a natural human process and part of the human experience.



You can help yourself if you . . .

- ▼ Give yourself permission to grieve the loss of a loved one.
- ▼ Acknowledge and accept your own limitations.
- ▼ Spend time with those people who care about you.
- ▼ Talk and “share” your feelings with others.
- ▼ Be patient with yourself and those people around you, including your family, friends and associates.
- ▼ When making decisions affecting the future – Take a step back – until the time is right for you.
- ▼ As soon as you can, go back to your usual routine.
- ▼ Get plenty of rest and exercise.
- ▼ Remember to eat, especially well balanced meals.
- ▼ Avoid excessive consumption of alcohol/drugs and risk-taking activities.
- ▼ Do things that YOU find relaxing and soothing.
- ▼ Do something positive – Reach out to others and volunteer to do something for someone else.



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