

Living in Holland: Grief, Guilt, Anger, & Hope

Rev Mimi Raper – Rev Carla Cheatham

Welcome to Holland—Grief 101

Denial and Isolation

Anger

Bargaining

Depression

Acceptance

Stranger in a Strange Land—From Coping to Adjustment

Caring for YOU

Physically—Hungry Angry Lonely Tired

Emotionally—Put your own oxygen mask on first!

Socially—Breaking Isolation

Mentally—Empowerment with Resources

From Shock to Wonder—Gifts of the New Life

Finding Meaning...Hope...and G#@!*\$#!