

# BEREAVED PARENT SUPPORT GROUP

**• BPSG**

Experience has shown that another person who has lost a child can be an invaluable source of support and understanding. This self-help support group meets weekly and is facilitated by volunteer parents who have lost a child and can offer solace and comfort to more newly bereaved parents. This is not a therapy group, rather a group of parents-helping-parents.

- There is no charge
- There is no religious affiliation

**\*This group is not designated as a Psychiatric Treatment.**



For more info contact  
**(714) 960-1819 or (714) 979-3232**  
**bpsg@ymcaoc.net**

**Our Promise**

To keep programs open to all.

To keep that promise - to keep programs open to all - the YMCA of Orange County reaches out to members and supporters in the community to raise funds for financial assistance or to make programs available at little or no cost when needed.

Last year, the YMCA raised over \$1.7 million dollars that made over 1,600 scholarships available for all YMCA programs such as child care and camp, as well as allowing free and reduced fee programs in areas including teen leadership and afterschool enrichment.

In addition to our traditional services, the YMCA Community Services Division provides three core programs - Foster Care Mentoring - New Horizons - Y Inclusion - that reach out with special services to make sure that YMCA programs are there to serve the needs of those with the greatest needs in our communities. Thanks to your contributed funds to these programs, both volunteers and participants make our community kinder as well as stronger.



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**YMCA Community Services**  
**13821 Newport Ave, Ste 200**  
**Tustin, CA 92780**  
**www.ymcaoc.org**

Sharing

Helping people through the process of grief over the loss of a child. We are here to help you find comfort, support, and understanding.





### What is the BPSG?

The Bereaved Parent Support Group helps people through the process of grief over the loss of a child. We offer assurance that you are not alone, and help you find comfort, support, and understanding.

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## BEREAVED PARENT SUPPORT GROUP



### When Bereavement occurs . . .

- After the death of a child, parents often feel that adjustment is an impossible task. They may experience a variety of problems, physical ailments and more.
- Initially, there is shock and disbelief. This is usually followed by intense feelings of loss, despair, guilt, hostility, panic, apathy, anger, depression, and loneliness.
- Eventually, later in the grief process, adjustments can occur. Parents can remember their child with a new normal and less pain. They can find pleasure and satisfaction in living again.

### The purpose of the BPSG

- To find comfort, support, and understanding.
- To cope with depression.
- To reduce the isolation one feels from the rest of the world.
- To learn how to deal with well-meaning friends.
- To identify the stages of grief and to cope with them as they occur.
- To learn how others have handled occasions such as birthdays, holidays, etc.
- To share feelings with others who have had similar experiences.