

Do not stand at my grave and weep
I am not there,
I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight
On the ripened grain.
I am the gentle Autumn's rain.
When you awaken in the morning hush,
I am the swift uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry.
I am not there.
I did not die.
---- Hopi Prayer

*The friend who can be silent with us
in a moment of despair or confusion,
who can stay with us in an hour of grief
and bereavement, who can tolerate not
knowing, not curing, not healing and face
with us the reality of our powerlessness,
that is a friend who cares...*

- Henri Nouwen



*Remember how i laughed,
remember how i loved.
Use me as the reason you embrace life,
not the reason you don't...*

- anonymous

Gary and Denise Cullen lost their only child, Jeff, to an overdose after many years of struggling with addiction, and through these experiences, have a deep desire to ease the pain in any way for those left to cope with similar tragic deaths due to the illness of substance use disorder/addiction or misuse of substances. In the same way that Pat and Russ Wittberger, the founders of GRASP, began this effort after their daughter Jenny's death from a heroin overdose, we intend to continue to work on behalf of Jenny and Jeff, and so many, many others.

Grief Recovery After a Substance Passing

Support group first Wednesday of the month
7:00 p.m. – 8:30 p.m.


Grief Support Center

Forastiere Smith Funeral & Cremation
220 North Main Street * East Longmeadow, MA

WesternmaGRASP@gmail.com

www.grasphelp.org

Joanne Sullivan Patti Ahern

Look for online support on GRASP 



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Grief Recovery After a Substance Passing™



You Are Not Alone

What is GRASP?

GRASP, (Grief Recovery After a Substance Passing) was created to help provide sources of help, compassion and most of all, understanding for families who have had a loved one die through drug use.



Those who are left behind find their grief overpowering. The sudden passing is nothing that had been planned for because as long as the person was alive there was still hope.

But where to turn? Society has grieving groups for when a child, a spouse or other loved one has died from accident, suicide, even murder. But, oddly, there is little help available for those who have lost a loved one through the disease of addiction/substance use disorder or misuse of drugs. GRASP is for all who have had loved ones slip away and to ease the pain in any way for those left behind to cope.

Visit the GRASP website: www.grasphelp.org and become involved in the GRASP facebook group for support, direction, and most of all, a helping hand.



First we would like to express our sincerest, deepest sympathy to everyone who has experienced the passing of a beloved person because of substances of any kind.

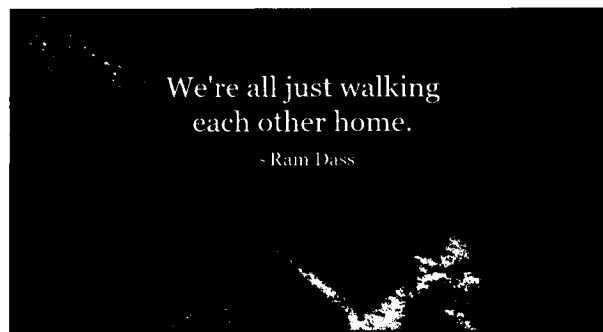
This is one of the most traumatic tragedies which, no doubt, has been preceded by weeks, months, even years of heartbreaking turmoil when you have searched, loved, and tried to understand and help your special one.

There have been many times when you have felt absolutely alone in your despair as you struggled through the best way you could... wondering, perhaps if you would be able to "weather the storm".

That was then. This is now.

You are not alone. There are many, many around you who share similar experiences, and are waiting to assist in any way to lovingly, gently bring you through these times. One thing is for sure. We will never stop loving these souls who have departed. And they continue to be a part of our lives as we think of them, share memories of them with others as well as ourselves.

These are our very special people who came into our lives to be cherished and who have left us with some special gifts of learning.



When you are experiencing a major loss, illness, death, separation or any life change, here are some tools for coping with the everyday thoughts, feelings and realities of living.

- Be gentle with your own feelings and thought process. Avoid self judgment. Don't put "I should have" or "if only" on yourself.
- Find a supportive person or persons you can trust. Share your honest feelings and ideas.
- Give yourself time for healing. The timing of grief cannot be rushed. Plan your day so that you have a specific time to focus on your loss, and special time to escape from the pain of the reality of what you are facing. Clearly, this is a guideline, as so often, grief and sadness will take over when you least expect it... a song, a place, a conversation played in your head... allow that and then move on.
- When you experience fear, anger, helplessness, sorrow, pain, emptiness, isolation, depression or relief, it can be very confusing.
- Try to maintain as regular a schedule as possible, while avoiding unrealistic expectations and goals for yourself.
- Maintain an awareness of your body's needs for nutrition and rest. If symptoms arise that are new to you, see a physician.
- For more help, we urge you to explore the GRASP website.

www.grasphelp.org

(Or see back cover to contact us personally)