

### North

#### **Every Friday**

Dinner at 4:30pm

For more info contact:

**Delina Bardon**  
**206.789.8852**

### Federal Way

#### **2nd Monday**

of each month  
Dinner at 5:30pm.

For more info contact:

**Carole**  
**253.927.0404**  
[bzeebee@msn.com](mailto:bzeebee@msn.com)

### East

#### **Bellevue**

Dinner at 5pm before  
Monday group meetings.

For locations call:

**Kathy Clancy**  
**425.653.7209**

*All WICS members welcome.*

### WICS Weds

A support group for those who  
have remarried or are in a  
coupled relationship.

For info re: monthly  
meetings of WICS-Weds  
please call:

**Diane at 253.839.5453**



### Seabeck R&R

**May 31, June 1 & 2, 2013**

For more info call the  
office: **206.241.5650**  
or [www.kcwics.org](http://www.kcwics.org)

### **HELPING THOSE IN GRIEF**

**Be Aware:** Remember that grief work is a normal and necessary process.

**Be There:** Learn to be with the person, not to save the problem.

**Be Sensitive:** Allow the pain. Learn to enter it, not try to take it away.

**Be Human:** Allow expression of feelings: guilt, anger, sorrow, depression—without judgment.

**Be Ready:** To listen when the story is told over and over again.

**Be Patient:** Remember that the process of mourning takes time.

(Use this to help others, to show others how they can help you or how you can be there for yourself.)

## Subscriber Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Return to: WICS, P.O. Box 66896, Seattle, WA 98166

Subscription: \$25 per year



*the flame  
still burns*

## Support Group Meetings

*For all widowed men and women who would like to share their concerns and experiences and discuss coping skills.*

**BALLARD: 7 p.m. Tuesdays**

Please contact Doug for details.

Contact: **Doug** 206.441.9490

**BELLEVUE: 7 p.m. Mondays**

10420 S.E. 11th St. — Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)

Contact: **Kathy** 425.653.7209 (best to call M, W, F during the day) or email at:

[clancyKa@comcast.net](mailto:clancyKa@comcast.net)

**COVINGTON: 7 p.m. Tuesdays**

25810— 156th Ave SE, St. John the Baptist Catholic Church

Contact: **Le** 253.630.0324 or email at: [saraacree@comcast.net](mailto:saraacree@comcast.net)

**FEDERAL WAY:** Currently, this group is not having meetings, but are looking for a new place and time. They are continuing to give support, information and connection.

Contact: **Molly K.** 253.839.4560

**KIRKLAND:** Currently, this group is not having meetings. But, they are offering support, information and connection.

Contact: **Amy** via email: [wiljar2006@yahoo.com](mailto:wiljar2006@yahoo.com)

**RENTON: 12:30 p.m. Wednesdays.**

211 Burnett North, Renton Senior Center

Contact: **Burnie** 425.255.1888 or email at: [burnie@comcast.net](mailto:burnie@comcast.net)

### ***Gifts of Love***

*Amount:* \$ \_\_\_\_\_ *In Memory of:* \_\_\_\_\_

*From:* \_\_\_\_\_

*Send Acknowledgement to (name):* \_\_\_\_\_

*Address:* \_\_\_\_\_

*Return to:* WICS, P.O. Box 66896, Seattle, WA 98166