



**1 (855) 894-5658**  
**[info@ericshouse.org](mailto:info@ericshouse.org)**

[Visit Our Website](#)



## Greetings!

**Summer is nearing its end here in Phoenix. Finally! The weather forecast says that the last 100-degree day for us is September 17th. Time to start preparing for the holidays! We have many new and exciting things to share from the team at Eric's House. Scroll to the bottom to see our new line-up of healing events.**

---

### Featured Article: [Reaching Out for Help When You Are Grieving](#)

*Reprinted with permission from "Reaching Out for Help When You Are Grieving," by Alan D. Wolfelt, Ph.D. For more information on grief and healing and to order Dr. Wolfelt's books, visit [www.centerforloss.com](http://www.centerforloss.com).*

"Action is the antidote to despair." – Joan Baez

When someone you love dies, you must mourn if you are to renew your capacity for love. In other words, mourning brings healing. But healing also requires the support and understanding of those around you as you embrace the pain of your loss.

I've said that the wilderness of your grief is your wilderness and that it's up to you to find your way through it. That's true. But paradoxically, you also need companionship from time to time as you journey. You need people who will walk beside you and provide you with "divine momentum"—affirmations that what you are doing is right and necessary for you and will lead to your eventual healing. You do not need people who want to walk in front of you and lead you down the path they think is right, nor do you need people who want to walk behind you and not be present to your pain.

Sharing your pain with others won't make it disappear, but it will, over time, make it more bearable. Reaching out for help also connects you to other people and strengthens the bonds of love that make life seem worth living again.

## Where to turn for help

“There is strength in numbers,” one saying goes. Another echoes, “United we stand, divided we fall.” If you are grieving, you may indeed find strength and a sense of stability if you draw on an entire support system for help.

Friends and family members can often form the core of your support system. Seek out people who encourage you to be yourself and who acknowledge your many thoughts and feelings about the death. What you need most now are caring, non-judgmental listeners.

You may also find comfort in talking to a minister or other church leader. When someone loved dies, it is natural for you to feel ambivalent about your faith and question the very meaning of life. A clergy member who responds not with criticism but with empathy to all your feelings can be a valuable resource.

A professional counselor may also be a very helpful addition to your support system. In fact, a good counselor can be something friends and family members can't: an objective listener. A counselor's office can be that safe haven where you can “let go” of those feelings you're afraid to express elsewhere. What's more, a good counselor will then help you constructively channel those emotions.

For many grieving people, support groups are one of the best helping resources. In a group, you can connect with others who have experienced similar thoughts and feelings. You will be allowed and gently encouraged to talk about the person who died as much and as often as you like.

Remember, help comes in different forms for different people. The trick is to find the combination that works best for you and then make use of it.

Click [here](#) to continue reading

---

## Welcome Danijela Ilie to the EricsHouse Team!

---



Danijela is a licensed massage therapist with specialization in Craniosacral Unwinding and Polarity Therapy, two therapies which focus on stress relief. Graduate of Southwest Institute for Healing Arts, Tempe, AZ in 2009.

She moved to Arizona from Croatia, where she worked with people in severe pain at a rehabilitation hospital. Her compassionate physical touch alleviates emotional distress and intuition allows her to deliver the needed relief to each particular client. She provides a safe environment to release grief.

Her technique is rooted in the following disciplines Craniosacral Unwinding and Polarity Therapy.

Craniosacral Unwinding is a gentle, hands on therapy primarily practiced by holding the head or lower spine but it is also applied everywhere in the body. This practice evaluates and promotes better functionality of the Craniosacral system which is comprised of the cerebrospinal fluid enclosed by membranes which protect the brain and spinal cord. The brain and the spinal cord are the masters of the nervous system. By releasing the restrictions in the Craniosacral system, bodily functions and functions of the endocrine system and hormones improve. Polarity therapy combines bodywork (gentle rocking, stretching, alternating pressure sensitive touch), energy exercise, nutrition and verbal guidance to facilitate the body to obtain emotional and mental releases, as well as moving “trapped energy” in the physical body to release pain.

To schedule a session with Danijela, visit [www.ericshouse.org](http://www.ericshouse.org).

---

## ANGEL THOUGHTS

*If you give up when it's deep winter,  
you'll surely miss the promise of your Spring,  
the beauty of your Summer  
and the fulfillment of your Fall.*

*Don't let the pains of one season  
overshadow the joys of the rest of the year.  
Try not to judge life by one difficult season;  
cherish instead the exceptional seasons  
given you in love."*

*~Sec. Cerge Remonde, PMS*

---



## EVENT LINEUP

---

September 19, 2019 [Angels and Oils](#) 2-hour workshop with Karen Janusz and Marilyn Poscic. 12:30 - 2:30 pm - Cost is \$40.00

September 19, 2019 - [Sibling Support Group](#), 12-week program, 5:30 - 7:00 pm every Thursday. Cost \$50.00 for 12 weeks. All materials included.

September 19th, 2019 - [Women's Support Group](#), 7:30 - 9:00 pm Every Thursday for 12 weeks. Cost \$50.00 for the full 12 weeks.

[Men's Grief Support Group](#) meets every other Thursday - see website for details.

October 5th, 2019 - [Day of Individual Readings with Melinda Vail](#) - individual private readings with Melinda Vail - local and nationally renowned medium. Individual session is \$250.00.

October 25, 2019 - [Night of Readings with Melinda](#) - group readings in a small, intimate setting. 6:30 - 8:30pm. Cost is \$45.00.

**[AFSP Out of the Darkness Walk, November 3, 2019 - 9:00am - 12:00pm](#)**

**[SEE WWW.ERICSHOUSE.ORG/EVENTS FOR ALL EVENT DETAILS](http://WWW.ERICSHOUSE.ORG/EVENTS)**

---

Visit our website



Share



Tweet



Share



# OUT OF THE DARKNESS WALK

---



**SUNDAY, NOVEMBER 3<sup>RD</sup>**  
9:00 AM - 12:00 PM  
SALT RIVER FIELDS - SCOTTSDALE, AZ



---



American Foundation for Suicide Prevention



OUT OF THE DARKNESS

**JOIN TODAY!**

**Eric'sHouse Inc.**

1 (855) 894-5658  
[info@ericshouse.org](mailto:info@ericshouse.org)

**Stay Social With Us:**

