



Hope and Help for the Holidays *and Beyond*

WELCOME

DILLARD-HILLCREST
Memorial Funeral Home & Memorial Park

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FUNERALS & CREMATIONS
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Define and recognize
Disenfranchised Grief,
examples of
Disenfranchised Grief and
COVID's relation to
Disenfranchised Grief.

3 causes to disenfranchise one's
grief.
A) Relationship between griever
and deceased
B) Death or Loss is not
recognized
C) Griever's ability to grieve is not
recognized

Disguised Grief

Mike Reynolds, MDiv

5 Stages of Grief Applied to Disenfranchised Grief

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

Practicing the 3 “C”s when grief is disenfranchised

Choose what is best for you and your well being

Connect to others. We are a people designed to be in community and connection is vital

Communicate with friend and family about your loss and be your needs