

What is the Jamestown Area Grief Support Team (JAGST)?

JAGST is a group of volunteers gathered for the purpose of providing educational opportunities and support to those who are grieving, offering hope and healing.

We live in a grief avoidant society. Grief is experienced by many and yet society tries to minimize it or does little to acknowledge the pain caused by grief. Often the grieving individual is encouraged to “*get over it*” or “*move on*” with their lives. Grief is cumulative and until we process it correctly, it can continue to impact the lives of those who grieve. As a community, it is important to support each other in difficult times through both support and educational resource materials.

JAGST is committed to meeting the needs of the grieving through adult support groups and other events.

*Grief is as unique
as a snowflake.*



How does JAGST operate?

JAGST is a non-profit, all volunteer organization. The team offers two six-week support groups, a weekend Widow’s Retreat, the Community Memorial Service and Tree Planting in conjunction with the JRMC Hospice Program and the Wave of Light for those who have experience pregnancy or infant loss. The members of JAGST are not professional counselors and do not offer individual counseling. They do, however, follow the “companioning” philosophy of grief support.

***Our Mission Statement:
Growing through grief,
bringing hope,
healing and wholeness.***

Spring Grief Support Group
7:00 p.m. Mondays
March 7 to April 11, 2022

United Presbyterian Church
302 2nd Ave SE, Jamestown
There is no charge for the group, please
register by calling Diane at 701-320-4915
or Eileen at 701-269-4521

Hospice Memorial Service and Tree Planting

Tuesday, August 2, 2022

Location to be announced

For more information,
call Maren at the JRMC Hospice Office
701-952-4847

Late Summer Support Group

1:00 p.m. Tuesdays

August 16 – September 20, 2022

St. John’s Lutheran Church
424 1st Ave S, Jamestown

There is no charge for the group, please
register by calling Charlotte at 701-952-9358

Wave of Light

Pregnancy and Infant Loss Day

6:30 p.m. Saturday, October 15, 2022

St. John’s Lutheran Church
424 1st Ave S, Jamestown, ND

Widow’s Retreat

October 7-9, 2022

Maryvale Retreat Center, Valley City, ND

For more information or to receive
a brochure and registration form
call Eileen at 701-269-4521

Pregnancy and Infant Loss Support Group

Contact Renae Lunde at 320-7238

**“Grief is the rope burn left behind
when what we have held to
most dearly is pulled out of reach,
beyond our grasp.”**

Stephen Levine



Are you experiencing:
Sadness
Tearfulness
Fatigue
Anger
Weight loss or gain
Altered sleep pattern
Forgetfulness
Decreased appetite
Lack of concentration
Anxiety

**If this presently characterizes your life,
we would like to provide support
in your time of need.**

(Jamestown Area Grief Support Team does not offer professional counseling and may not be able to meet the special, complex needs of some individuals.)

Jamestown Area Grief Support Team
is a non-profit, all volunteer organization.
Your financial support is tax-deductable
and truly appreciated.

Loss... Where do I go from Here?



2022

Jamestown Area Grief Support Team

To contact us:

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JAGST on Facebook

President, Carol - 701-320-3801
Vice President, Diane - 701-320-4915
Treasurer, Maren - 701- 269-2676
Secretary, Eileen - 701-269-4521