

# CAROLINA CARING

## CENTER FOR GRIEF AND HEALING

September / October 2025

### ***Am I Going Crazy?***

Have you recently experienced any of the following scenarios - or something similar?

*I picked up the phone and dialed the number to call my mom, eager to share some news, before I realized that she would not answer.*

*I went to see what my husband needed after I heard him call me - yet, when I went into the room, it was empty.*



What is wrong with me. Am I losing my mind or going crazy? No, you are not doing either.

Rather, you are grieving the death of someone you loved. Oftentimes, we have a sense of the sadness that grief can bring, but we don't always realize the impact of grief on our entire being. Grief can affect us emotionally, physically, cognitively, behaviorally, or socially. These responses are just a small example of what grief can do to a body & soul. Following loss, it's natural to feel overwhelmed, and your mind frequently becomes preoccupied with what's missing. You feel emotionally and physically depleted.

It's helpful to realize that you are not as responsible or reliable as you once were, at least for a while. Allow yourself a measure of grace as you grieve and come to terms with things as they were versus what they are now. The feelings you struggle with will gradually resolve themselves. To ease your mind & worries, it may be helpful to talk with a grief counselor or to attend one of the support groups at Carolina Caring. We are available as you need us.

Grief support is open to anyone experiencing grief. For more information or to register, visit [carolinacaring.org/support](https://carolinacaring.org/support), call 828.466.0466 ext. 3201, or email [wspurling@carolinacaring.org](mailto:wspurling@carolinacaring.org).

#### **Carolina Caring's Comfort Circle - In Person** **1st Thursday of each month | 3:00-4:30pm**

Carolina Caring Building 2  
3975 Robinson Rd, Newton, NC

#### **Grief 101 - In Person** **September 7th, 2025 | 2:00-3:30pm**

First United Methodist Church  
5481 Hickory Grove Rd, Stanley, NC

#### **Loss of Spouse/Significant Other - In Person** **Sherrills Ford**

**Every Monday Sept 29th-Oct 20th | 5:30-7:00pm**

Carolina Caring - 7473 Sherrills Ford Rd, Sherrills Ford, NC  
Register by September 24th

#### **Salisbury**

**Every Tuesday Oct 7th-28th | 3:00-4:30pm**

Ruffy-Holmes Senior Center  
1120 S. MLK Jr Ave, Salisbury, NC  
Register by September 30th

#### **Disenfranchised Grief Group - Virtual** **Every Thursday Oct 2nd-23rd | 4:00-5:00pm** Register by September 29th



CAROLINA  
CARING

3975 Robinson Road  
Newton, NC 28658  
828.466.0466  
CarolinaCaring.org

RETURN SERVICES REQUESTED

NON PROFIT  
ORGANIZATION  
US POSTAGE PAID  
NEWTON NC  
PERMIT NO. 52

**Nurturing Yourself - In Person**

**October 7th, 2025 | 3:00-4:30pm**

Carolina Caring - 3975 Robinson Rd, Newton, NC

*Register by September 30th*

**Felting Class - In Person**

**October 16th, 2025 | 1:00-3:00pm**

With instructor from Hickory Museum of Art

Keystone Overlook - 3975 Robinson Rd, Newton, NC

*Register by October 10th*

**Game Night - In Person**

**October 17th, 2025 | 5:00pm**

Carolina Caring Building 1

3975 Robinson Rd, Newton, NC

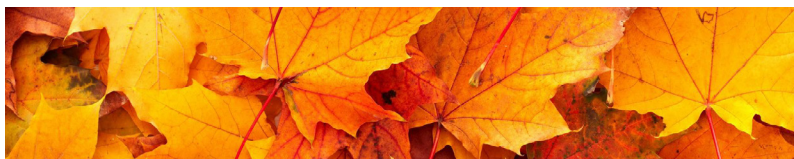
*Register by October 15th*

**Good Mourning Coffee - In Person - Monthly**

**September 10th & October 8th | 9:00-10:00am**

**Hickory** - Panera Bread, 2260 US Hwy 70 SE, Hickory, NC

**Lowell** - Fryeday Coffee, 106 E 1st St Unit B, Lowell, NC



Service of **Remembrance**  
and **Blessing**

**Sunday, September 28th, 2025 ♦ 2:00pm**  
**Corinth Church, 150 16th Ave NW Hickory, NC**

Please **RSVP by September 19<sup>th</sup>** to  
Wanda Spurling at 828.466.0466, ext. 3201 or  
wspurling@CarolinaCaring.org with the number  
attending the service or watching via livestream.