

For additional information please call  
our Bereavement Coordinators at:



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**Bereavement  
Grief Support**

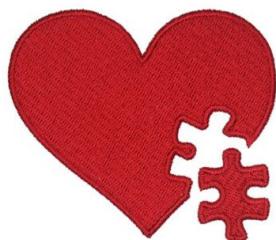
Comfort – Compassion – Quality of Life

## Help

**Anticipatory grief:** A patient or caregiver may experience overwhelming feelings of grief and anxiety before the death of a loved one. Our staff offers support and guidance throughout your grief journey.

**Bereavement Follow-up:** After a patient has died, our team will keep in contact with the family on a regular basis for at least one year. This may include quarterly newsletters, educational resources, occasional phone calls from the coordinators, and the ability to speak with bereavement staff by phone or schedule an in-person visit for grief support. The grief support section of our website has helpful information and resources and also hosts a weekly online chat with a bereavement coordinator.

Our staff can connect you to support groups for grief and loss near your home. If you feel you need further help through long term counseling, we can provide information for mental health professionals.



**Community and Staff Support:** Support groups, workshops, education, and other assistance is available as needed.

## Hope

Our hospice team's approach treats not only the patient but recognizes that the entire family is affected by a terminal illness.

It's important to note that grief may be experienced in response to a physical loss, such as the death of a loved one, or in response to symbolic or social changes such as loss of independence or thinking ability, significant changes in roles and relationships between loved ones, or loss of the future you imagined.

There is no right way to grieve. It is an individual process and a natural part of life. Grief lasts as long as it takes to adjust to the changes in your life after loss. It can be for months or even years. Grief can come in waves; thoughts, emotions, behaviors, and other responses may come and go. The grief experience can be affected by your history and support system.

Taking care of yourself, using the support of friends and family, and giving yourself permission to feel the range of emotions can help you cope with your grief. Life won't be the same after a loss but experiencing your grief will allow you to adjust to life after loss.

## Honor

**Bereavement Memorials:** Twice a year (in the Spring and Fall) we gather to give friends and families who have lost a loved one another opportunity to celebrate and remember those that have passed away.



**Special Ceremonies:** Our staff can assist with planning or performing a ceremony of remembrance as well as celebrations for our families.

The hospice team regularly honors veterans under our care.

*"We do not get over grief. But over time, we do learn to live with loss. We learn to live a different life... with our loss"*

*-Kenneth J. Doka, PhD*