

HOSPICE

BEREAVEMENT NEWSLETTER

Spring 2011
Volume 10, Issue 1



Hospice

Georgian Triangle

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Bereavement Programs

Adult Peer Support
Individual Support
Rainbows for Children
Bereavement Lending Library
Bereavement News letter
Presentations on Grief Topics
Healing Grief--Open Sessions

Bereavement Support Team

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BEREAVEMENT SUPPORT SERVICES

Our services are confidential, nondenominational and free.

All members of our volunteer bereavement support team are experienced with personal loss and trained in support work.

Private Individual Support

Our office is open mornings for **personal or telephone support** or access to our healing library. Send us an email any time at hospicegeorgiantriangle@rogers.com. **For a phone response, please include the best time for us to return your call.** You may leave us an e-mail address or home address and postal code for our private use. We want to help.

Adult Peer Support Group

Our spring **Adult Bereavement Support Group** begins in April and meets weekly with a trained and experienced facilitator for 8 weeks. **Pre-register now.** Enrolment is closed after the first sessions to ensure the success of this private sequential program. Call 705-444-2555 for information.

Support for Children

Hospice has a **Rainbows Program to support any child** age 4 to 18 who has suffered a loss due to death, divorce, separation, abandonment, incarceration, foster care or family illness. Our volunteers are trained support group facilitators who help children to discover and develop their coping skills. Call our office to register a child for the next support program.

Let your grief roar your wound aloud, now, so it can be a source of peace, your silent partner while you heal ever after. Anonymous

LOOKING FOR BOOKS ON GRIEF?

Following are some notes on helpful books about grief. All are recommended by our Hospice Bereavement Team. Most were published recently and are modestly priced. Look for them in public libraries, or listed for sale at popular sites on the internet.

Grief Steps, by Brook Noel

Brook Noel has appeared on some US news broadcasts as a grief expert. She has written many books on the topic, some of them with Pamela Blair, and all are well recommended.

Grief Steps is a “self help” style handbook, only 200 pages in the paperback edition, published by Champion Press in 2004. *Grief Steps* is an easy read, well organized and practical, with frequent references and real life examples. It contains 10 steps to regroup, rebuild and renew yourself after any life loss.

You can visit Brook Noel’s support site at www.griefsteps.com

The Crying Handbook, by Darcie Sims

Darcie Sims is a bereaved mother and a therapist. This little (64 page paperback) booklet, published in 2007, tells you all you may want to know about the phenomenon of crying. Despite its sad title, it’s a curiously light hearted and encouraging book; supportive and empowering. This short and honest booklet includes her own story and her research on the topic of grief issues.

For more information on other titles Darcie Sims has written or co-written, you may visit her website at www.griefinc.com.

Grievers Ask, by Harold Ivan Smith

This book is subtitled, “Answers to Questions about Death and Loss” and is a handy reference for anyone having a first encounter with loss, either as a personal experience or as a companion to a grieving friend or family member. It’s well indexed and referenced for laymen or professionals.

Dr. Smith is a scholar who has worked for years in the field of thanatology and counselling. He writes with compassion on his topic. For more information on other publications from Dr. Smith, contact the Association for Death Education and Counseling, at www.ADEC.org.

Living When a Loved One Has Died, by Earl A. Grollman

Earl Grollman began writing on grief topics in the 1970s, and is published by Beacon Press. His books are so helpful and popular, they’re never out of print. This book has only about a hundred pages in paperback, and very few words on each page; which makes it easy to pick up and put down. But each page is loaded: with truth, with gentle encouragement, with good questions, and good advice for survival.

See also, Dr. Grollman’s popular *Time Remembered, A Journal for Survivors*, which includes blank pages for recording your own experiences. It makes a wonderful keepsake book for a bereaved friend.

Hospice Georgian Triangle has a small lending library in the Raglan Street office. Visitors are welcome weekday mornings.

Please acknowledge if reprinting.
*Hospice Georgian Triangle
Bereavement Support Team*