

# HOSPICE

# BEREAVEMENT NEWSLETTER

Summer 2011  
Volume 10, Issue 2



## Hospice

### Georgian Triangle

49 Raglan Street  
Collingwood, ON  
L9Y 4X1  
Tel: 705-444-2555

[hospicegeorgiantriangle@rogers.com](mailto:hospicegeorgiantriangle@rogers.com)

#### **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**

Lorraine Lowe  
Betty Schneider French  
Laurie Wilkinson MSW  
Gloria Kropf-Nafziger MSW

#### **Office Staff**

Barbara Hockley, Admin  
Service Coordinator

Sharon Brownrigg RN  
Eleanor Hewitt  
Client Services Coordinators

Denise Sefranca-Hoskin  
Financial Assistant

#### **BEREAVEMENT SUPPORT SERVICES**

All our services are confidential, nondenominational and free.

#### **Adult Peer Support**

Our fall **Adult Bereavement Support Group** is planned to begin **Tuesday, September 13**, and will meet Tuesdays through to November. Please register EARLY. Once the group meetings begin, registrations are closed to ensure the privacy and progress of those already enrolled. Our group facilitator is a grief survivor and is specially trained to assist your recovery from the shock and pain of your loss. Email to **[hospicegeorgiantriangle@rogers.com](mailto:hospicegeorgiantriangle@rogers.com)** or call **705-444-2555** to register or for more information.

#### **Individual Support for Adults**

If you need information or assistance, a phone call or a home visit, our office remains open in the summer. You can call our office any week day morning (phone/email: see above) to arrange for **personal or telephone support** at any time. If you leave a message, please include information regarding the best time for us to return your call. Leave your home address and postal code or your e-mail address. A member of our Bereavement Support Team will respond.

#### **Support for Children**

We have a **Rainbows Program** to support children age 4 to 18 who have 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. Weekly groups are conducted twice a year. Call 705—444-2555 to register now for the September group.

*We wish you a peaceful and healing summer.*

## Editorial

### GRIEF DISCOVERIES IN OUR BEREAVEMENT SUPPORT GROUPS

Hospice has been conducting bereavement support groups for the last ten years. Following are some of the comments that former participants have made about **what they discovered** as we met together:

- ◇ what “normal” grief is;
- ◇ that it does get better;
- ◇ that there are some things that help get the grief “out” (photos, songs, poetry);
- ◇ that it helps to cry;
- ◇ that bad days get fewer as time goes on;
- ◇ that now we know what *really* matters in life and what doesn’t matter;
- ◇ that we’re impatient with those who take their loved ones for granted;
- ◇ that grieving is a total experience: mind, spirit *and body*;
- ◇ that memories of better times can still comfort us;
- ◇ that there is a high *cost of loving* and we must pay the price;
- ◇ that we are intolerant of those who are reckless with their own precious lives or their health;
- ◇ that grieving is hard and tiring work;
- ◇ that we now know the enormous value of one single human life;

- ◇ that bereaved people often come out stronger than they were before;
- ◇ how it’s possible to feel lonely in a crowd;
- ◇ that we have become extra sensitive to the pain of others;
- ◇ that not all good friends can be good listeners;
- ◇ that others have survived terrible loss, and we can, too;
- ◇ what real grief pain feels like;
- ◇ that we are not alone in our grief;
- ◇ that other bereaved people often understand us best;
- ◇ that we do learn to live *with* our loss;
- ◇ that, though the cost of the lesson is high, we also learn from our loss;
- ◇ that it’s possible to talk our pain, or sing, or write, or paint, or work our pain;
- ◇ that giving expression to our pain can help to ease it and release it;
- ◇ that we do heal through grieving.

Our motto is:

**“WE HELP THE HEALING BEGIN.”**

Bereavement Support Team