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HOSPICE **BEREAVEMENT NEWSLETTER**



Hospice Georgian Triangle

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Bereavement Programs

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

Bereavement Support Team

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BEREAVEMENT SUPPORT SERVICES

All our services are confidential, nondenominational and free.

Adult Peer Support

Adult Bereavement Support Group begins Thursday, September 9. Register EARLY for this free 8 week program. Once the weekly meetings begin, registrations are closed to ensure individual privacy and progress. Our group facilitator is a grief survivor, experienced and specially trained to assist your recovery from the shock and pain of your loss. Call (705) 444-2555 for more information or to register now.

Monthly Meetings Healing Grief

Our 2010 series of open monthly meetings, Healing Grief, will resume at our office in November. All are welcome. No pre-registration is required. There is no charge. Call our office at (705) 444-2555 for information.

Individual Support

Our office is open week day mornings for personal or telephone support year round Call or email if you need information or assistance, a phone call or a home visit. If you leave a message, please include information regarding the best time for us to return your call, or your home address and postal code or your e-mail address. We want to help.

Support for Children

Hospice has 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. Call our office to register a child now for the September group.

Today*

*Today is a room
With windows upon one side
And upon the other a door.
Through the windows we may look
but can not pass.
Through the door we must pass
but cannot look,
For there are no windows on that side.*

GRIEF IS A ROOM

Sometimes, especially at the beginning of our grief experience, we can feel trapped in a room we don't want to be in, a room we never intended to enter. Alternatively, sometimes, we choose to shut ourselves up alone in a room, to retreat in deep grief while we heal our pain.

Imagine that in grief there are windows, to the past. We are free to look out. We can still enjoy the better memories of a view of happier times. Can you imagine drawing blinds or shutters on the worst views? Or imagine choosing which window we prefer to look through again and again?

As grieving survivors, we begin to realize we cannot pass through those windows and live in the past.

Imagine that in grief there is a door to the future. You are free to go out.

Gradually, we begin to realize that to live fully, we must pass through the door, to our new future. Understandably, some of us are so traumatized by our loss that it takes a long time to grow our courage to open the door to an unseen tomorrow.

You may stay in the grief room as long as you need to build your strength to continue your own life's journey. Your future will wait.

To complete the metaphorical image, imagine that once you have opened the door and passed through into tomorrow, the room itself becomes a window to your past. It may help you take the next step when you know that your past will never be completely closed to you; you just won't live there anymore.

Your friends at Hospice wish you strength, hope, and courage to move towards a healthy, healed future.

**Nancy Green recently shared with Hospice this poem that she used as a teacher to illustrate the concept of "metaphor."*

Please acknowledge if reprinting.

Hospice Georgian Triangle
Bereavement Support Team