

“FINDING MY WAY” Grief Support Groups

- ♥ Each Spring and Fall, Hospice holds a 7-week Grief Support Group.
- ♥ Two-hour sessions take place every Wednesday at Bobby’s Hospice from 6:30—8:30 pm.
- ♥ No charge to attend.
- ♥ Delivered by trained and experienced staff and volunteers.
- ♥ Topics covered include:

Specific Grief Reactions/Feelings
The Journey of Grief Video by Doug Manning
Nutritional Wellness
Taking Care of You
Sharing Special Mementos
Anniversaries/Special Occasions & Dates To Remember
Caring for the Spirit through Art
Moving Through Grief & Coping

- ♥ Register in advance. Call Hospice at 632-5593.
(See *Upcoming Events* for further details)

When Someone You Love Dies

You grieve...

- The loss of your loved one
- The changes in your life

You hurt...

- Physically
- Emotionally
- Spiritually

You experience...

- Pain, emptiness, restlessness
- Anger, guilt, remorse
- Hopelessness and loneliness



You need...

- Time to heal
- Time to think and remember
- Someone to talk to

Coping With Loss

- Crying is an acceptable and healthy expression of grief and a release of built-up tension. Cry freely as you feel the need.
- Try to maintain a balanced diet, get rest and moderate exercise. Avoid the use of drugs and alcohol.
- Give yourself extra lifts: hot baths, afternoon naps, a trip, time with special people, a walk in the woods, a favourite food.
- Talk about your loss. This is the most important thing you can do to reduce the pain.
- Accept yourself. Be gentle with yourself and reach out for help. It will help you cope and support you to heal.

Annual Memorial Service

Remember your loved ones in our special annual non-denominational service held each November at *Assumption Parish*, Saint John West.

Library and Information Services

Hospice has an extensive library filled on books, information and videos on grief and loss.

Men in Grief Group

A NEW Men in Grief Group is in development for 2017.