

A New Morning



A New Morning is a group for men and women who have recently experienced the death of a loved one. It helps family and friends cope with isolation and loneliness by

providing them an opportunity to meet together and develop relationships in and beyond the group setting.

Through sharing similar circumstances with a group facilitator, the group provides emotional support and encouragement and a better understanding of the grieving process.

How Follow-Up Can Help

- It can provide education about the grief process and what you might expect during your period of bereavement.
- It can teach you new ways to cope with stress of loss and grief.
- It can provide help in becoming involved in a new life and seeking out new support persons, groups and activities.
- By simply knowing someone is available in time of need, you may feel relieved and more secure about your situation.

Become Involved

As a way to help yourself, we encourage you to become involved in these ways:

- Sharing your thoughts and ideas out loud can often help you gain a better perspective and about your feelings of loss.
- Discussing painful feelings such as despair, anger or guilt is a way to reduce their intensity.
- Reminiscing about your loved one will help gain a better perspective on the relationship that you shared together.
- Discussion of life changes and various ways to cope effectively.

Come and feel free to openly share your feelings. Everything shared in group is kept confidential.

Meetings Held Monthly:

2nd Saturday

9:30 a.m.

Van Wert Area

Inpatient Hospice Center

1155 Westwood Dr., Van Wert

After Glow

I'd like the memory of me
to be a happy one.
I'd like to leave an after glow
of smiles when life is done,
I'd like to leave an echo
whispering softly down the ways,
Of happy times and laughing
times and bright and
summer days.
I'd like the tears of those who
grieve, to dry before the sun,
Of happy memories that I leave
When life is done.

~Helen Lowrie Marshall

(From her book of poetry, *Close to the Heart*)





What is Grief?

Grief is a natural and normal reaction to loss. You need to go through grief to heal and ultimately experience emotional growth.

Community Health Professionals' Hospice offers A New Morning bereavement group to promote healing through understanding and education.

We believe it is important to help people work through their grief and readjust to life by mutual support and encouragement.

People who attend these meetings will find other people who have gone through many of the same experiences. Participants can feel comforted by listening and sharing their personal stories.

A New Morning

Grief

SUPPORT GROUP

A New Morning is offered free of charge to anyone in the community who has experienced the loss of a loved one. It is NOT a structured support group, but an informal gathering with a trained facilitator.



~ Contact ~

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Grief

SUPPORT GROUP

A service of:

