



## 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.

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

CHP Hospice offers FREE bereavement groups to anyone in the community who has experienced the loss of a loved one. *You do not have to have used our services to attend.*

Participants will meet others with similar experiences and gain strength by listening and sharing personal stories.

## Monthly Meetings

### ARCHBOLD

**1st Friday @ 10:00 a.m.**

CHP Home Care & Hospice  
230 Westfield Dr.

RSVP to  
(419) 445-5128 x1205

### DEFIANCE

**2nd Thursday @ 10:00 a.m.**

Defiance Inpatient Hospice Center  
6817 N. St. Rte. 66

RSVP to (419) 782-4131  
Laurie Hockenberry, LSW

### VAN WERT

**2nd Saturday @ 10:00 a.m.**

CHP Home Care & Hospice  
1159 Westwood Dr.

RSVP to  
(419) 238-9223 x1117



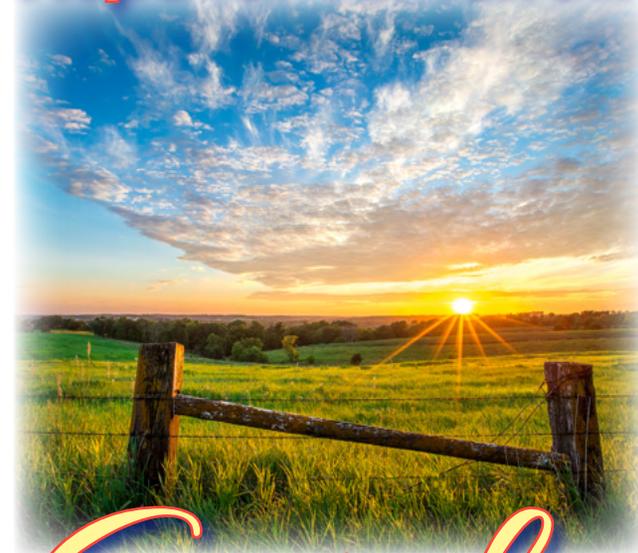
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## Hope for Tomorrow



# Grief

SUPPORT GROUP

# Hope for Tomorrow



Many grieving people wonder if they would benefit from joining a support group.

Support groups are a time-tested method of help for people

struggling with all sorts of difficulties. But groups are not magic; there are no words that can be uttered within a group setting that can make grief disappear.

## Will a Support Group Help?

Groups are places to work together and support one another; they are places where everyone gives and takes. Not everyone will find a support group suitable; each individual grieves in his or her own way. For many, however, support groups have much to offer, such as:

**Validation** - Grief is experienced in so many ways -- physical, emotional, and spiritual. One needs a place to recognize that these reactions are part of the journey of grief. Being with other grieving people can reaffirm that one is not going crazy. While every loss is unique, strength is gained through being among others who have experienced loss and understand.

**Time Away** - For many people, a support group can be a break from the loneliness and boredom that often come with grief.

**Suggestions for Coping** - There is no single solution to dealing with loss but members of a support group can offer a range of alternatives. By listening to stories of how others cope with a particular problem, one can find the solution that might work best.

## Goals of Hope for Tomorrow

1. Affirm that you can survive a loss
2. Empower the grieving with new insight, perspective, and renewed strength

**Hope for Tomorrow is for women & men who have recently experienced the loss of a loved one.**

Through sharing similar circumstances under the guidance of a trained hospice social worker, the group offers support, encouragement, and a better understanding of the grieving process.

## More Support for YOU!

- Information about loss and grief, and what you may encounter during the bereavement process
- Learn new ways to cope with stress of loss and grief.
- A safe place to share experiences and seek the support of others

- By simply knowing someone is available in time of need, you may feel relieved and more secure about your situation.

## You're Welcome Here.

- Share thoughts and ideas out loud to better understand your feelings of loss.
- Talk through painful feelings such as despair, anger or guilt as a way to reduce their intensity.
- Reminisce about a loved one to help gain perspective on the relationship you shared.
- Discuss life changes and ways to cope.

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

