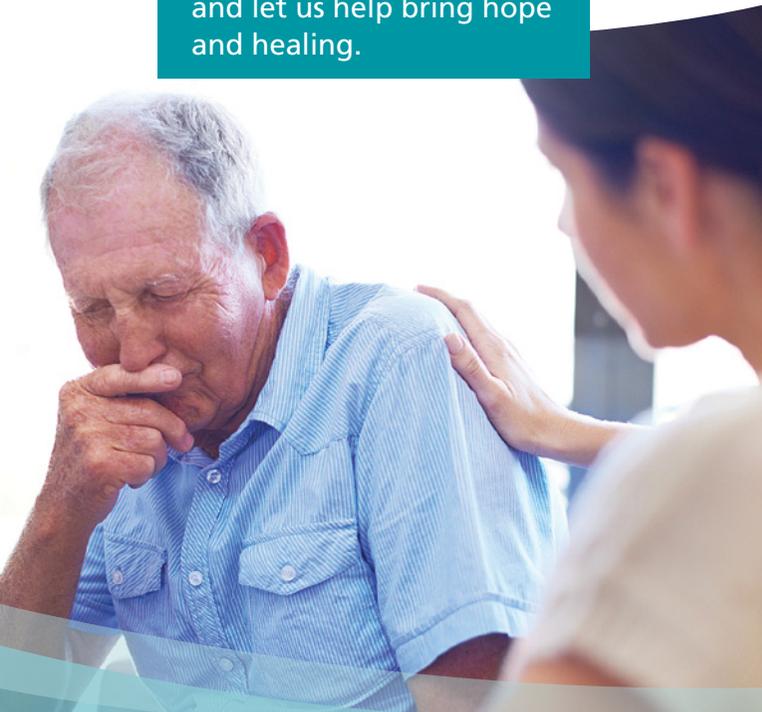


Loss and Grief

The death of a family member or friend can be a life-challenging event and every individual's experience with loss and grief is unique. It takes time, effort and support to reach the understanding that, although life will never be the same, it can still offer meaning and hope.

A person who is grieving can typically experience a multitude of physical and emotional symptoms. Our grief counselors at HopeHealth's Center for Hope & Healing are available to help people work through their emotions, cope with the difficult times that follow a death and guide them through the grieving process.

Call (888) 528-9077
and let us help bring hope
and healing.



Touching the lives of people

copng with serious illness takes dedicated services and special support. At HopeHealth, that is our focus — providing the highest quality care with the utmost skill, compassion and respect. We serve thousands of people each year — delivering a wide range of services throughout Massachusetts and Rhode Island. HopeHealth's family of services includes hospice, palliative care and home care.

We are here for you. Contact The Center for Hope & Healing at **(888) 528-9077** or visit **HopeHealthCo.org/Grief** for more information.



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Providence, RI 02904

1324 Belmont Street, Suite 202
Brockton, MA 02301

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HopeHealthCo.org




HopeHealth
Hospice & Palliative Care

The Center
for Hope & Healing



...it takes time, effort and support to reach the understanding that, **although life will never be the same**, it can still offer meaning and hope.

*Sharing with others
for support*

How The Center for Hope & Healing Can Help

The Center for Hope & Healing welcomes anyone who has had a loved one under the care of HopeHealth to participate in their programs and services. The Center's counselors are skilled clinicians experienced in grief and loss issues. The following services are offered:

- Mailings with information on coping with grief; personal visits with trained grief counselors or bereavement volunteers; and follow-up telephone calls
- Group, individual and family counseling
- Support services for as long as they are needed
- Six-week support groups and ongoing monthly groups
- Resources including books, articles, and videos on coping with grief and loss
- Special events, such as the *Spring Evening of Hope and Remembrance* and *Light Up A Life* tree lightings to honor and memorialize loved ones who have died
- Weekend of Hope & Healing, an adult grief retreat encouraging hope and healing

Support Groups

The Center offers a diverse, extensive array of grief support groups in Massachusetts and Rhode Island. Led by specially trained facilitators, these mutual support groups provide a safe, confidential and supportive setting for anyone experiencing a loss. All groups are free and open to the general public. The Center offers:

- General and topic-specific six-week sessions and monthly groups for adults
- Special topic groups and educational sessions such as: Loss of Spouse/Partner, Loss of Parent, Loss of Sibling, Spanish, Hope for the Holidays, LGBT and Mindfulness
- A variety of educational presentations on grief and loss to schools, churches and businesses in the community upon request

Grief Support for Children and Teens

Children can experience the death of a loved one differently than adults. The Center offers specially designed services for children aged 4 to 17 to help them work through their grief. Based on their in-depth knowledge of children's cognitive development, grief counselors provide age-appropriate children's programs designed to encourage participants to express their emotions through group support, play, art activities and one-on-one support. Children and teens coping with loss can also attend Camp BraveHeart, a two-day summer program, where they can participate in a mix of therapeutic and traditional camp activities.



**grief
support**

**Please
Contact Us**

For more information
about grief support services,
call (888) 528-9077
or visit
[HopeHealthCo.org/Grief](https://www.HopeHealthCo.org/Grief)