

### BEREAVEMENT SUPPORT



#### We Remember Them

In the rising of the sun and  
in its going down,  
**we remember them.**

In the blowing of the wind  
and in the chill of the winter,  
**we remember them.**

In the warmth of the sun and  
the peace of summer,  
**we remember them.**

In the rustling of the leaves  
and the beauty of autumn,  
**we remember them.**

In the beginning of the year  
and when it ends,  
**we remember them.**

When we are weary and in  
need of strength,  
**we remember them.**

When we are lost and  
sick at heart,  
**we remember them.**

When we have joys we  
yearn to share,  
**we remember them.**

So long as we live, they  
too shall live,  
for they are now a part of us,  
as we remember them.

#### AFTER THE FIRST YEAR...THEN WHAT?

The first year of bereavement brings a multitude of emotions. In the beginning when the loss occurs feelings of helplessness, disbelief and an overwhelming sense of sadness can loom, but as time passes we often gain a renewed sense of HOPE. One might begin thinking, "I am going to make it through this." Because grief at any phase is unique and special to each individual just as our fingerprints are our own not everyone is on the same timetable. Mourner's often times cling to the saying, "time heals all wounds" however sometimes time can serve as a reminder that the person that died is no longer with us. Where ever you may find yourself on your grief journey at this point remind yourself that the way an individual responds to the emotions associated with grief is unique. We each grieve differently so don't compare yourself to others or place yourself on a timetable. Be gentle with yourself. Celebrate your victories and when need be sit in your moments of grief giving yourself permission to mourn. Take hold of the COURAGE you have found in yourself up to this point and keep moving forward one breath at time, one step at a time embracing the present moment. Hold on to what is good. Allow HOPE to enter in. Borrow HOPE from others when you feel depleted of your own. Reach out for encouragement.

#### ACKNOWLEDGE THE ANNIVERSARY OF THE DEATH OF YOUR LOVED ONE

Make use of ritual on purpose. Below is a list of suggestions you may consider implementing on the anniversary date or create your own:

- Prepare your loved one's favorite meal dish and share with family and friends.
- Plant a tree in memory.
- Give In Memory of your loved one to a local charity or meaningful cause. Giving is not always defined by making a financial contribution. One may choose to give of their time, talents or resources.
- Visit the cemetery.

#### BE MINDFUL:

- Establish realistic expectations for yourself. Set small achievable goals.
- Don't assume you will always grieve the loss in the same way.
- It's OK to ask for help. It's vital to find a friend with whom you may talk. Join a local support group.
- "Cry when you have to – laugh when you can" – Jean G. Jones
- Be mindful of your physical condition. Maintain health check-ups with your physician.





*Our Heart Sets Us Apart*

**We're here for YOU!**

You can call us anytime at 256-891-7724 to discuss your needs.

*You are not alone!*

It is the mission of Shepherd's Cove Hospice, a non-profit agency, to provide, with a servant's heart, exceptional individualized care for those coping with end-of-life issues.

Information in this packet is from the **Center For Loss & Life Transition**. Visit [www.centerforloss.com](http://www.centerforloss.com) to find helpful books and tools for coping with grief. Email [info@centerforloss.com](mailto:info@centerforloss.com) or call (970) 226-6050.

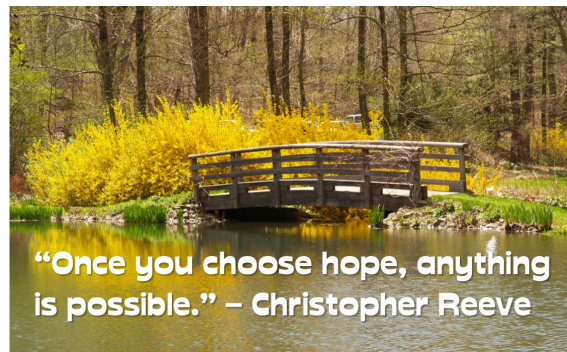
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**THERE ARE SOME BEREAVED PERSONS** whose needs will be met more effectively by receiving professional help. The following "red flags" should alert you to the need to seek out assistance. This is not an all-inclusive list. (Provided by Center For Loss and Life Transition)

- Thoughts or expressions of suicidal intent
- Alcohol or drug dependency
- Inability to care for self
- Uncontrollable rage directed to others
- Uncontrollable phobias, such as an inability to be by themselves at any time
- Characteristics of mourning do not appear to change over a period of time.



**"Once you choose hope, anything is possible." – Christopher Reeve**

## GRIEF SUPPORT GROUPS

Each person's grief reaction to the death of a loved one is unique and individualized. Shepherd's Cove Hospice provides a safe environment for expression and resolution of grief.

All Grief Support Groups at Shepherd's Cove Hospice are offered as a community service to those who have suffered a loss and are **FREE** to anyone in our service area, even those who have not had a family member under our care.

Some topics addressed in the group setting include: Feelings of Grief, Coping with Change, Remembrance, Identifying Support Systems and How to Cope with Anger and Guilt Related to the Death of a Loved One.

### PRE-REGISTRATION IS REQUIRED.

Contact the Bereavement Department of Shepherd's Cove Hospice or Stacey Johnson, LBSW, directly at [sjohnson@shepherds Cove.org](mailto:sjohnson@shepherds Cove.org) or by phone at 256-891-7724 or toll free 1-888-334-9336.

#### GRIEF SUPPORT GROUPS FOR ADULTS

Grief support services for adults. For your convenience the groups may be offered both in the mornings and evenings.

#### CATERPILLAR KIDS

Grief support services designed for children ages 4-6.

#### RAINBOW KIDS

Grief support services designed for children ages 7-11.

#### GRIEF SUPPORT FOR TEENS

Grief support services designed for youth ages 12-18.

#### HOLIDAY SUPPORT GROUP

A grief support group designed to help the bereaved cope with the holiday season. Meeting date to be announced.

#### FAMILY GRIEF SUPPORT SERVICES

Available by appointment only.

#### BEREAVEMENT EDUCATION & TRAINING

Includes "Grief In The Workplace". Available for church groups, clubs, businesses, and other organizations upon request.

#### SCHOOL BEREAVEMENT SERVICES

Grief support services provided to school age children in the school setting. Referrals must be made by school personnel.

#### CAMP HOPE

Grief support services provided to school age children 5-19 in partnership with Chalakee Ranch.