

# Grief's Healing Journey



## Companions in Grief's Journey

The depth of our grief is a reflection of our extraordinary capacity to love. The death of someone you love naturally brings about emotional, physical, and spiritual suffering for us as human beings. Grief is a natural and normal way of coming to terms with this loss. "Companions in Grief's Journey" is a support group meeting weekly for individuals to gather to explore, share, and process feelings and receive comfort and companionship.

## Understanding Grief's Journey

This compassionate program involves grief education classes. We hope that through these classes you will find new information and reassurance, as well as fellowship and support from others traveling your similar journey. Class sessions include the subjects of having real expectations, possible grief experiences, realizing secondary losses compounding grief, and places to find healing support.

## Healing on Grief's Journey

"Healing on Grief's Journey" is a support group for only those who have attended "Understanding Grief's Journey." People who have experienced loss and desire to find hope for living with their losses will benefit from this support. The group is based on the strengths gained by listening to one another, encouraging one another, and gaining insights for a positive and healthy way to move forward in life. This group gathers with the intention of offering one another comfort and hope.

## Call Genesis Grief Support (563) 421-5100

Dates, times and locations and details are available online at [www.genesishealth.com/Grief](http://www.genesishealth.com/Grief) or by calling (563) 421-5100. Request an appointment and sign up for classes or a support group.

## MORE FREE SERVICES

### Individual Grief Counseling

#### By Appointment

The purpose of grief counseling is to help individuals work through the feelings, thoughts, and memories associated with the loss of a loved one. Providing up to three sessions, our goal is toward helping you make positive adjustments following the loss of your loved one. Grief counseling can help you recognize normal aspects of the mourning and grieving process, cope with the pain associated with your losses, feel supported through the anxiety surrounding life's changes that follow a death, and provide advice for support and self-care.

### Resource Mailings

#### Over the Next Year

Each two-page leaflet assists you with your own grief as an individual. Each issue is sent at a particular time frame over the course of the twelve months following the loss of your loved one. The wisdom and photography of James E. Miller makes each issue easy and enjoyable to read. Each issue has links to a website where unique videos, audios, and longer articles can be obtained.

### Tribute of Reflection

#### Annually in May

This time of reflection, music, and remembrance reunites all those who were involved in any individual's final journey--caregivers, family, friends, and hospice staff and volunteers--for a celebration of the lives of those we served who are no longer among us. This provides an opportunity for renewed support and reconnection with those who traveled together during a difficult time. Invitations to the Remembrance Service are sent out to families prior to the service.

### Holiday of Reflection

#### Annually in November

This special session will provide guidance and support to hospice families as they journey through this first holiday season following the loss of their loved one. It will focus on caring for self, finding peace, and memorializing loved ones.

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