

# Bereavement Services

The Hospice team cares about you and offers these services to you to help during your time of grief.

1. **Individual Support** - through telephone, home or office visits.
2. **Group Support** - through participation in group therapy with others who have also lost loved one. Groups are organized as needed or a referral is made.
3. **Social Support** - through an active support group. Several are available in the community, and we will be glad to help you find the right one for you.
4. **Self Help** - through information gained through a bereavement bulletin sent directly to you with inspiring and helpful information included to support you during your bereavement. We also maintain a library of books relating to loss and grief which are available for your use.

Taking advantage of follow-up care can help you deal with your grief by:

1. Making available a trusted and compassionate person who will listen to your concerns.
2. Providing education about the grief process and what you can expect to be experiencing.
3. Learning new ways to cope with the stress of loss and grief.
4. Providing help to become involved in life again.
5. Simply knowing someone is available for you may help you feel relieved and more secure about your situation.