



# IN TOUCH

HOSPICE OF THE VALLEY BEREAVEMENT NEWSLETTER

## Managing your grief

### Doing grief work

Once you begin to recognize—and experience most intensely—all the reactions to your loss, the real work of mourning begins. In ways that are personal and unique, you will gradually integrate your loss into the framework of your life.

Grief work is an active rather than passive process, which includes coming to terms with your loss, as well as finding meaning in it. It can be done through private activities such as reading and writing, and with others through talking, participating in bereavement counseling, or finding support in a group. Grief work can be emotionally and physically exhausting, but it can also produce tremendous healing and growth.

### Identifying a personal support system

Think about and identify the people, groups and activities in your life that form your personal network of support and help give meaning to your life. Consider asking a friend or family member to help you develop a more complete listing. Write down potential sources of support, including their names, telephone numbers and addresses, so you'll have them handy when you need them.

**People** you can depend on might include family members, relatives, friends, neighbors, teachers, colleagues, clergy, your family physician, family lawyer, accountant, insurance agent and Hospice of the Valley bereavement staff.

**Groups** might include your church community or your affiliation with work or special interest circles, clubs and organizations, and Hospice of the Valley bereavement support groups.

**Activities** include whatever brings you satisfaction, relaxation, comfort, or relief, such as meditating, writing or journaling, engaging in hobbies (gardening, photography, collecting) or arts and crafts (painting,

drawing, modeling), listening to or making music, exercising, or simply talking and crying.

### Other suggestions

- List all the interests, activities, hobbies, courses, or skills you've enjoyed in the past or always wanted to pursue, and follow up on at least one of them each week or each month.
- Visit your public library or local bookstore and ask for information, literature, films, audiocassettes and videotapes on grief, bereavement and loss.
- Find local chapters of national self-help and support organizations related to your specific type of loss.
- Watch and listen for announcements of lectures, workshops and seminars on grief in the community. Check local radio and television stations, newspapers and bulletin boards in your grocery store, library, church, or school.
- If you have a computer and access to the Internet, use the keywords grief and grieving and visit one of the many sites that offer information and support to people who are mourning.
- If you work outside your home, let your supervisor or employer know what's happening in your life.

### Seeing a bereavement counselor

When it seems that support from family and friends is either too much or not enough, a few sessions with a bereavement counselor may give you the understanding and comfort you need. Individual bereavement counseling is one of the services available at no cost to individuals and families whose loved ones were patients of Hospice of the Valley.

Unlike friendship, a professional counseling

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BEREAVEMENT  
DEPARTMENT  
602.530.6970

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relationship offers you the opportunity to relate to a caring, supportive individual who understands the grief process, doesn't depend on you and who will allow you to mourn without interference. Within the safety and confidentiality of such a relationship, you can share your intimate thoughts, make sense of what you're feeling and clarify your reactions. An effective bereavement counselor is knowledgeable about the mourning process, helps you to feel understood, offers a witness to your experience, encourages you to move forward, fosters faith that you will survive and offers hope that you will get through your grief.

*Seeing a bereavement counselor is appropriate if:*

- You feel uncomfortable with yourself or find yourself unable to function normally.
- You have reactions from which you can get no relief, or over which you feel no control.
- You wonder if your responses are normal, or if they've gone on too long.
- You have recurring feelings of guilt or anger.
- You simply have a need to talk to someone outside the "family circle."

## Finding support in a group

Friends, family members and co-workers may not fully understand or appreciate the attachment you have with your loved one and the pain you may still be feeling weeks and months after the death. A support group may be one of the few places where you can be among others who understand and where you can talk freely about the one you have loved and lost. Information can be found at [hov.org](http://hov.org) or by calling 602.530.6970.

This is an excerpt from the book, *Finding Your Way through Grief: A Guide for the First Year*, Second Edition, by Marty Tousley, CNS-BC, FT, DCC. If you would like to purchase a copy of the \$12 book, please visit [hov.org/publications](http://hov.org/publications) and click on the "Online Store."



Space is limited for these special groups. Watch for dates, and please register online at [hov.org](http://hov.org) or by calling 602.636.5390.

### Picking Up the Pieces: When a Spouse or Partner Dies

Visit our website for date and details.

### Life Cycle Interrupted: When an Adult Child Dies

Visit our website for date and details.

### Handling the Holidays

Living with loss is challenging enough, but it can be especially difficult when families gather together to celebrate special occasions. Traditional holidays may create feelings of dread and anxiety for those who are grieving. Special workshops on the holidays will be held at all locations during each scheduled on-going support group in November. Watch for exact dates on page 3 of our next issue.

## Bereavement Services

Hospice of the Valley provides bereavement support for 13 months following the death of your loved one. Support groups throughout the Valley, and grief counseling support are available. Information can be found at [hov.org/grief-support-groups](http://hov.org/grief-support-groups), or by calling 602.530.6970.

## New Song Center for Grieving Children

New Song Center for Grieving Children, a program of Hospice of the Valley, provides grief support groups for children, youth, young adults and adults at several locations Valleywide at no cost to participants.

Families with children ages 5 through young adults up to age 25 may participate regardless of the cause of death or whether they received care from Hospice of the Valley.

"Enduring Ties" is an evening support group for families that have experienced the death of a minor child.

"Luz del Corazón" is a support group program for families whose first language is Spanish.

For more information, call 480.951.8985 or view [thenewsongcenter.org](http://thenewsongcenter.org).

## Adult Drop-In Groups, No Registration Needed

### PHOENIX

Hospice of the Valley  
Administrative Office, Bldg. 1  
1510 E. Flower St.  
Phoenix, 85014  
1<sup>st</sup> & 3<sup>rd</sup> Thursday, 6:30–8 p.m.

The Stratford Assisted Living  
1739 W. Myrtle Ave.  
Phoenix, 85021  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 3–4:30 p.m.

Healing Rainbows: Phoenix  
(Lesbian, gay, bisexual, transgender)  
Hospice of the Valley  
Administrative Office, Bldg. 1  
1510 E. Flower St.  
Phoenix, 85014  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 6:30–8 p.m.

Anthem Civic Building  
3701 W. Anthem Way  
Anthem, 85086  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 6:30–8 p.m.

La Siena Retirement Community  
909 E. Northern Ave.  
Phoenix, 85020  
1<sup>st</sup> & 3<sup>rd</sup> Thursday, 2:30–4 p.m.  
*Starting Sept. 1*

### EAST VALLEY

St. Matthews  
United Methodist Church  
2540 W. Baseline Rd.  
Mesa, 85202  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 6–7:30 p.m.

Hospice of the Valley  
2020 E. Woodside Ct.  
Gilbert, 85297  
Lost Dutchman Room  
2<sup>nd</sup> & 4<sup>th</sup> Monday  
6:15–7:45 p.m.

Pecos Community Center  
17010 S. 48<sup>th</sup> St.  
Phoenix, 85048  
1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 6–7:30 p.m.

### EAST VALLEY, continued

Healing Rainbows: East  
(Lesbian, gay, bisexual, transgender)  
Hospice of the Valley  
2020 E. Woodside Ct.  
Gilbert, 85297  
Every other Monday, 6–7:30 p.m.  
See [hov.org](http://hov.org) for dates, or call  
602.530.6970  
*No group 9/5*

Sun Lakes United Methodist Church  
9248 E. Riggs Rd.  
Sun Lakes, 85248  
1<sup>st</sup> & 3<sup>rd</sup> Thursday, 1–2:30 p.m.  
Park in lot behind church. Enter  
“Education” door and turn left.  
Room is on the right.

San Tan Mtn. View Funeral Home  
21809 S. Ellsworth Rd.  
Queen Creek, 85142  
2<sup>nd</sup> & 4<sup>th</sup> Monday, 6–7:30 p.m.  
*Starting Sept. 12.*

### WEST VALLEY

Benevilla  
13576 W. Camino Del Sol #22  
Sun City West, 85375  
2<sup>nd</sup> & 4<sup>th</sup> Thursday, 3–4:30 p.m.

Hospice of the Valley  
9435 W. Peoria Ave.  
Peoria, 85345  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 2–3:30 p.m.  
*No group 9/28*

Hospice of the Valley  
9435 W. Peoria Ave.  
Peoria, 85345  
1<sup>st</sup> & 3<sup>rd</sup> Thursday, 6–7:30 p.m.

Hampton Inn & Suites  
2000 N. Litchfield Rd.  
Goodyear, 85395  
North of McDowell Rd., next to  
Macaroni Grill  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 6–7:30 p.m.

### NORTHWEST VALLEY

R&R Adult Day Care Center  
246 N. Washington St.  
Wickenburg, 85390  
4<sup>th</sup> Thursday, 10–11:30 a.m.

### NORTHEAST VALLEY

Fountain Hills Activity Center  
13001 N. La Montana Dr.  
Fountain Hills, 85268  
Community Center  
2<sup>nd</sup> & 4<sup>th</sup> Monday, 1–2:30 p.m.

Granite Reef Senior Center  
1700 N. Granite Reef Rd., Room 8  
Scottsdale, 85257  
2<sup>nd</sup> & 4<sup>th</sup> Monday, 1:30–3 p.m.

Virginia G. Piper Center  
10460 N. 92<sup>nd</sup> St.  
Scottsdale, 85258  
Educational Conference Room  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 3–4:30 p.m.

Paradise Valley Community Center  
17402 N. 40<sup>th</sup> St.  
Phoenix, 85032  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 6:30–8 p.m.

Residence Inn at Mayo Clinic  
5665 E. Mayo Blvd.  
Phoenix, 85054  
5<sup>th</sup> Floor Conference Room  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 3–4:30 p.m.  
*Starting Sept. 14.*

### PET LOSS SUPPORT GROUP

Hospice of the Valley  
Administrative Office, Bldg. 1  
1510 E. Flower St.  
Phoenix, 85014  
1<sup>st</sup> Saturday, 9–11 a.m.

If the date of a meeting falls on a national holiday, please call to check whether the meeting will take place. For bereavement support, call 602.530.6970.



HOSPICE  
*of the* VALLEY

1510 E. Flower St.

Phoenix, AZ

85014.5656

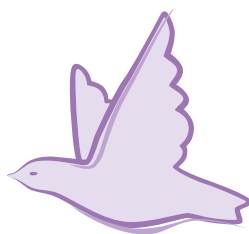
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*There is a sacredness in tears.  
They are not the mark of weakness, but of power.  
They speak more eloquently than 10,000 tongues.  
They are the messengers of overwhelming grief,  
of deep contrition and of unspeakable love.*

—*Washington Irving*