



# IN TOUCH

## Bereavement Newsletter

Bereavement Department (602) 530-6970 or [hov.org](http://hov.org)

SEPTEMBER / OCTOBER 2018

## 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.

Continued on page 2

## MANAGING YOUR GRIEF *(continued)*

### 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 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, CNSBC, FT, DCC. If you would like to purchase a copy of this book (\$12), please visit [hov.org/publications](http://hov.org/publications) and click on the "Online Store."



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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

## GRIEF SUPPORT GROUPS

**Adult drop-in groups, no registration needed.** 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.

### PHOENIX

**Hospice of the Valley**  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
1st & 3rd Thursday, 6:30–8 p.m.

**For the Newly Bereaved**  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
2nd & 4th Tuesday, 4:30–6 p.m.

**Luz del Corazón for Spanish Speakers**  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
**Call to register: (602) 410-5252**

**The Stratford Assisted Living**  
1739 W. Myrtle Ave., Phoenix 85021  
**Watch for future specialty groups**

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

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

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

### EAST VALLEY

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

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

### EAST VALLEY, continued

**Pecos Community Center**  
17010 S. 48th St., Phoenix 85048  
Every other Wednesday, 6–7:30 p.m.  
**See [hov.org](http://hov.org) for dates, or call (602) 530-6970.**

**Sun Lakes United Methodist Church**  
9248 E. Riggs Rd., Sun Lakes 85248  
1st & 3rd Thursday, 1–2:30 p.m.  
**Multipurpose Education building; park on North side.**

**San Tan Mtn. View Funeral Home**  
21809 S. Ellsworth Rd., Queen Creek 85142  
2nd & 4th Monday  
2nd Monday, 5:30–6:30 p.m.  
4th Monday, 10–11 a.m.

**Leisure World**  
908 S. Power Rd., Mesa 85206  
2nd & 4th Tuesday, 1–2:30 p.m.

### WEST VALLEY

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

**Hospice of the Valley**  
9435 W. Peoria Ave., Peoria 85345  
2nd & 4th Wednesday, 2–3:30 p.m.

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

**Christ Evangelical Lutheran Church**  
918 S. Litchfield Rd., Goodyear 85338  
Every other Wednesday, 6–7:30 p.m.  
**Park in back lot. See [hov.org](http://hov.org) for dates, or call (602) 530-6970.**

**Adult Spanish Speakers**  
Hospice of the Valley  
9435 W. Peoria Ave., Peoria 85345  
3rd Tuesday, 6–7:30 p.m.

### NORTHEAST VALLEY

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

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

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

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

**The Villages at Mayo**  
**Brusally Community Center**  
5811 E. Mayo Blvd., Phoenix 85054  
2nd & 4th Wednesday, 3–4:30 p.m.

### PET LOSS SUPPORT GROUP

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



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## ANNOUNCEMENTS

### Bereavement Services

Hospice of the Valley provides bereavement support for up to 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.

### 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 the next issue of *In Touch*.

### 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. There is also a support group for grandparents grieving the death of a grandchild.

*“Luz del Corazón”* is a support group program for families whose first language is Spanish and who have experienced any type of loss through death.

For more information, call (480) 951-8985 or view [newsongcenter.org](http://newsongcenter.org).