



IN TOUCH

Bereavement Newsletter

Bereavement Department (602) 530-6970 or hov.org

SEPTEMBER / OCTOBER 2022

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.

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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.

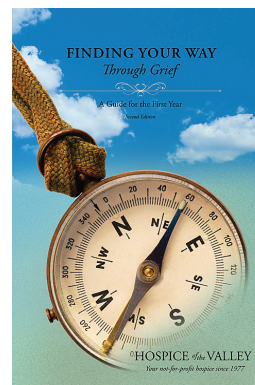
Seeing a bereavement counselor is appropriate if:

- 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 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), visit <https://hov.org/news/> and click on the "Online Store" link at the bottom of the page.



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

ADULT GRIEF SUPPORT GROUPS

Some groups have re-opened for in-person participation. Please watch for updates at hov.org or call the Bereavement Dept. at (602) 530-6970. Groups marked virtual below require a call to (602) 636-5390 to obtain the invite link on the Zoom platform.

If you are in need of crisis support, please call the **Maricopa County Crisis Response Network:** (602) 222-9444 or **Non-Crisis Warm Line:** (602) 347-1100.

PHOENIX

Memories of the Heart...When a Loved One Dies of Dementia

1st & 3rd Tuesday
10:30 a.m.–Noon
Virtual, beginning Sept. 6; Call for link: (602) 636-5390

Healing Rainbows: Phoenix

(Lesbian, gay, bisexual, transgender)
2nd & 4th Tuesday
6–7:30 p.m.
Virtual; Call for link: (602) 636-5390

Hospice of the Valley

1510 E. Flower St., Bldg. 1
Phoenix, AZ 85014
2nd & 4th Tuesday
5:30–7 p.m.
In person

Luz del Corazón for Spanish Speakers

Hospice of the Valley
1510 E. Flower St., Bldg. 1
Phoenix, AZ 85014
Call to register: (602) 410-5252

Phoenix Virtual

1st & 3rd Thursday
5:30–7 p.m.
Call for link: (602) 636-5390

WEST VALLEY

Hospice of the Valley

9435 W. Peoria Ave.
Peoria, AZ 85345
2nd & 4th Wednesday
2–3:30 p.m.
In person

West Valley Virtual

Every other Thursday
1–2:30 p.m.
Call for link: (602) 636-5390

EAST VALLEY

East Valley Virtual

1st & 3rd Tuesday
1–2:30 p.m.
Call for link: (602) 636-5390

Hospice of the Valley

2020 E. Woodside Ct.
Gilbert, AZ 85297
1st & 3rd Thursday
1–2:30 p.m.
In person
Lost Dutchman Room

Leisure World

908 S. Power Rd.
Mesa, AZ 85206
2nd & 4th Tuesday
1–2:30 p.m.
In person
Recreation #1 Banquet Room

Mountain View Funeral and Cemetery

7900 E. Main St.
Mesa, AZ 85207
1st Monday
11 a.m.–12 p.m.
In person

Pecos Community Center

1st & 3rd Wednesday
6–7:30 p.m.
Virtual; Call for link: (602) 636-5390

St. Matthew's

2540 W. Baseline Rd.
Mesa, AZ 85202
1st & 3rd Tuesday
6–7:30 p.m.
In person

NORTHEAST VALLEY

Granite Reef Senior Center

1700 N. Granite Reef Rd., Room 8
Scottsdale, AZ 85257
1st & 3rd Monday
1:30–3 p.m.
In person

Northeast Valley Virtual

2nd & 4th Tuesday
3–4:30 p.m.
Call for link: (602) 636-5390
In-person, beginning Oct. 11

Virginia G. Piper Center

1st & 3rd Tuesday
1–3 p.m.
Virtual; Call for link: (602) 636-5390

NORTHWEST VALLEY

Wickenburg Community Hospital

520 Rose Lane
Wickenburg, AZ 85390
2nd Thursday
3–4:30 p.m.
In person

PET LOSS SUPPORT GROUP

1st Saturday
9–11 a.m.
Virtual; Call for link: (602) 636-5390



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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. Virtual support groups and telephonic or virtual grief counseling support are available. Information can be found at hov.org/grief-support-groups, or by calling (602) 530-6970.

Mindfulness and Loss Zoom Class

Whether you have lost a loved one to death, estrangement or illness, mindfulness may provide a different pathway for your journey.

Join others to learn and practice mindfulness tools that may be helpful.

3-week series, Sundays 9/11, 9/18 and 9/25 from 1-3 p.m. Class is free, but must register to attend.

To register or learn more, email your name and phone number to Dr. Gillian Hamilton: gghamilton@hov.org.

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. Support groups are currently being offered for all age groups virtually and in-person in Gilbert, Scottsdale and North Phoenix, at no cost to participants.

“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 (602) 776-6789 (Spanish), email info@newsongcenter.org or view newsongcenter.org.

Additional resources are available at <https://hov.org/our-care/grief-support/>.