



IN TOUCH

Bereavement Newsletter

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

SEPTEMBER / OCTOBER 2025

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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HOSPICE
of the VALLEY

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.

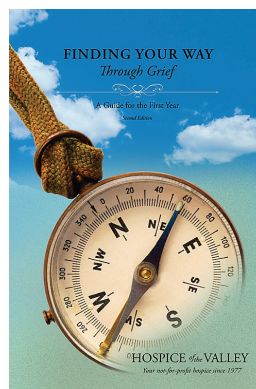
Seeing a bereavement counselor is appropriate if:

- 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.

Hospice of the Valley's *Light Up a Life*

From the comfort of home, watch a beautiful tribute video of photos of our loved ones. Tune in to CW7 Arizona on **Sunday, Nov. 23**, from **5–6 p.m.**

Photo deadline is 5 p.m. Tuesday, Oct. 7. To submit a photo: Go to hov.org/LUAL or mail your photo to Hospice of the Valley, Light Up a Life, 1510 E. Flower St., Phoenix, AZ 85014. Include your name and phone number and email address, as well as a self-addressed stamped envelope if you would like the photo returned. Minimum size for photo is 4" x 3" high.

Program format can only accommodate the first 1,000 photo submissions.



Healing from Loss

Hospice of the Valley provides compassionate support to people who are grieving the loss of a loved one. We provide extensive resources to help families as they work toward healing.

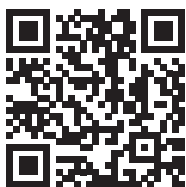
Grief support resources

Helpful videos, handouts and information about bereavement events.

Grief support groups

In-person and virtual group sessions are offered Valleywide at no cost.

For the latest information, visit hov.org/our-care/grief-support or call (602) 530-6970



New Song Center

For family grief support that is tailored to parents, young adults, teens and children.

Visit:

hov.org/our-care/grief-support/new-song-center-for-grieving-children





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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.

Healing from Loss Bereavement Retreat

Join us on Saturday, Oct. 18, for a full day of in-depth workshops facilitated by Hospice of the Valley's experienced bereavement counselors.

Registration required; space limited. For more information, email pjohnson1@hov.org or call (480) 594-7334.

Generously sponsored by Banner Health Foundation.

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 in person for all age groups in Peoria, Gilbert, Scottsdale, and Central and North Phoenix, at no cost to participants.

“Enduring Ties” is an evening support group for families who have experienced the death of a minor child.

“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.

New Song Center provides one-on-one counseling for brothers and sisters grieving the death of a sibling and additional counseling resources.

For more information, call (480) 951-8985 or (602) 776-6789 (Spanish), email info@newsongcenter.org or view newsongcenter.org.