



# Hope Hospice Grief Workshop

Understanding Your Grief: Ten Essential Touchstones for Finding Hope & Healing Your Heart

*Servicing all of Taylor County and surrounding areas.*

## *Understanding Your Grief*

Hope Hospice sponsors various Grief Workshops throughout the year on “Understanding Your Grief: Ten Touchstones to Finding Hope and Healing Your Heart.”

Each workshop is designed for anyone who would like to heal their heart and find hope after the loss of a loved one. The loss does not have to be recent. The loss could be due to any cause: such as prolonged illness, sudden death, suicide, homicide or accident. Your loved one need not to have been in the Hope Hospice program to attend. It is open to the public.

The workshop includes reading from a textbook and discussing together the information presented and sharing ideas. You participate at whatever level you are comfortable. An occasional activity is also planned.

### **Topics**

Some of the topics covered include:

- Honoring your loss
- Embracing the uniqueness of your grief
- Recognizing you are not crazy
- Nurturing yourself
- Dispelling misconceptions of grief
- Exploring your feelings of loss
- Understanding six needs of mourning
- and Seeking reconciliation

The sessions are facilitated by trained “grief companions” from Hope Hospice. You must pre-register as the class size is limited to 12. To register or for more information, please call the Hope Hospice office at 748-3434, 427-3532, 669-7030, or toll free at 1-877-375-0919.

***It’s been said that “a journey of a thousand miles begins with just one step.” The first step can be what we decide to do with the rest of our lives.***

The Grief Workshops are based on the book Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart by national grief expert Dr. Alan D. Wolfelt, director of the Center for Loss and Life Transition in Fort Collins, Colorado.

# THOUGHTS FROM PAST PARTICIPANTS

I just completed my journey through the Grief Workshop. The first meeting was a very personal experience to be shared with strangers, and I wasn't sure I wanted to do that. It had been 10 months since my husband passed away and I felt I was not going anywhere with my life but just going through the motions every day. . . .

Once I had the courage to move forward, I became comfortable in sharing with others going through their grief—thanks to the facilitator—and I found it easier to stay open minded through this journey. . . .

It has made me stronger realizing that I always had this strength, but I had buried it in my grief. My spirituality was strengthened in my belief in a higher power, in myself and life itself. I have learned to heal my heart and that my life truly matters.

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This program was a great asset to me in the loss of my husband. It was taught by two instructors with compassion in their hearts. I will always be grateful to them.

As a group we laughed together, we cried together and formed a special bond. No one was judgmental, and we came through the program understanding what is required of us to go on with our lives.

I would highly recommend this program to others who have lost loved ones. . . .



**Workshop participants and facilitators work on an activity to list six needs of mourning:**

- **Accept the reality of the death**
- **Let yourself feel the pain of the loss**
- **Remember the person who died**
- **Develop a new self-identity**
- **Search for meaning**
- **Let others help you — now and always**



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