



Hospice Bereavement Letter

Winter 2012

A Service of Whatcom Hospice Bereavement Support Program

The ideas and opinions in this newsletter are offered for your reflection only. We do not promote any particular philosophical or religious perspective.

Grief Relief: A Women's Grief Support Group

Mourning Never Really Ends. Only as time goes on, it erupts less frequently.

Anonymous

The Whatcom Hospice Bereavement Program has created a six-week "closed" support group designed to help women explore the many facets of their unique grief through an action program encompassing specific readings, guided journaling and thoughtful discussions aimed specifically toward reconciling unresolved grief.

What does *Structured Support Group* mean?

Each session has the same number of participants – a minimum of six and a maximum of ten. The same people attend all six sessions ensuring the emergence of trust and safety between the participants and facilitators. After the first session, the group is "closed" and no new members are accepted. Also, each session, along with its "homework" assignment, is structured around specific grief topics aimed at moving the participants closer to reconciling their grief while opening themselves to the mystery of grief, perhaps discovering a newly defined "why" for their own life.

Who participates in a *Structured Group*?

Women who are emerging from the immediate pain and/or emotional numbness of a recent loss and realize they need assistance to move through their grief process in a safe and supportive setting. Often – when the timing seems right – a member of a "drop in" grief support group may want to enroll in this group to more fully understand the mysterious process of grief, or mourners who have been living alone with their grief without the benefit of supportive friends or relatives, or women who are very close to reconciling their grief but feel they have more "work" to do may find this group beneficial.

(continued on reverse)

Events and Happenings

Weekly

Grief Support Groups

Free, ongoing drop-in grief support groups for anyone who has recently experienced the death of a loved one.

Come join others in a caring supportive setting with a trained bereavement specialist.

Every Tuesday Evening

7:00-8:30 PM

Every Wednesday Afternoon

2:00-3:30 PM

at

Health Education Center
3333 Squalicum Parkway
Bellingham

Memory Teddy Bear Workshop

Make a keepsake

Memory Teddy Bear

from an article of clothing from your departed loved one.

No sewing experience needed

Saturday January 21

9:30 AM -12:30 PM

Space is limited

Preregistration is required

To register for this free workshop and for more information, call

360-733-5877 or email

jrobinson2@peacehealth.org

How will participating in this group help me?

While “open ended” or “drop in” groups function just as their name implies – people drop into and out of the group as needed for an undetermined period of time – there can be as many as 16 participants or as few as one. A “closed end” group consists of the same members throughout its six-week cycle. Participation in the Grief Relief group will help you:

- Open to the presence of your grief
- Dispel misconception of grief
- Embrace the uniqueness of your grief
- Recognize you are not going crazy
- Understand the 6 needs of mourning
- Interact more effectively with others
- Redesign your life without your loved one
- Recognize personal challenges to reconciling your grief

When will this Structured Group begin and end?

The next Grief Relief six-week program will begin meeting on Wednesday, March 7, meet for 2 hours for six consecutive Wednesdays and end on Wednesday, April 11. Time and location will be determined at time of registration.

How do I join this group?

Women will be able to phone the Hospice office (**360-733-5877**) or email the Bereavement Coordinator, jrobinson2@peacehealth.org to schedule a brief pre-registration interview designed to ensure a “good fit” with the focus and purpose of the group. These groups are **offered free of charge and are open to the public**. This will be a good time to ask any questions you have about the group and your participation.

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PEACE MY HEART

*Peace, my heart, let the time for the parting be sweet.
Let it not be a death but completeness.
Let love melt into memory and pain into songs.
Let the flight through the sky end in the folding of the wings over
the nest.
Let the last touch of your hands be gentle like the flower of the
night.
Stand still, O Beautiful End, for a moment, and say your last
words in silence.
I bow to you and hold up my lamp to light you on your way.*

--- Rabindranath Tagore

Events and Happenings

Grief Relief for Women

A free, once a week for 6 weeks grief support group for women who wish to understand their grief journey and discover new pathways

Wednesday, March 7- April 11

For more information and pre-registration Contact Whatcom Hospice 360-733-5877 jrobinson2@peacehealth.org

Annual Service of Memory

A gathering to honor and remember those we love who have died. A program with music, reflections, candle lighting, and reading of names.

Refreshments provided.

Sunday May 6, 3-4 PM

at Health Education Center 3333 Squalicum Parkway, Bellingham

Please bring pictures and memory objects for the memory table. Notify Whatcom Hospice if you would like to have your loved one’s name read during the program.

Please invite friends and family to join you to this **free** event. For more information, please call 360-733-5877 or email jrobinson2@peacehealth.org

If you have comments, suggestions, or would like to submit a poem or article, please contact Bereavement Coordinator, John Robinson, at Whatcom Hospice 360-733-5877 or E-mail: jrobinson2@peacehealth.org