



HOPE for the holidays.

Grief Support Groups

Each person's grief reaction to the death of a loved one is unique and individualized. Shepherd's Cove Hospice provides a safe environment for expression and resolution of grief.

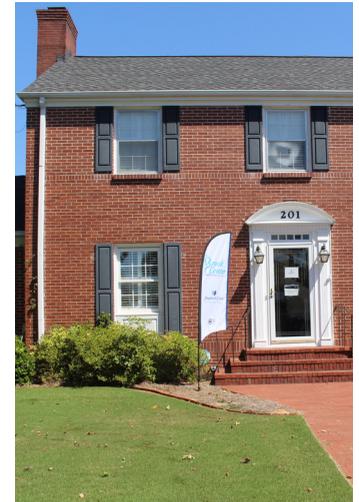
All Grief Support Groups at Shepherd's Cove Hospice are offered as a community service to those who have suffered a loss and are FREE to anyone in our service area, even those who have not had a family member under our care.

Some topics addressed in the group setting include: Feelings of Grief, Coping with Change, Remembrance, Identifying Support Systems and How to Cope with Anger and Guilt Related to the Death of a Loved One.

The Brook Center

When the journey of grief gets difficult, there is a haven of rest in the new Brook Center in Albertville. As the new home of Shepherd's Cove Grief Support Services, the house at 201 Glover Street offers a place of refuge, comfort, and strength to those in the community who are grieving the death of a loved one.

The Brook Center name reflects the peace members of the community find through, not just the physical space, but also the services offered by Shepherd's Cove Grief Support. The center is meant to be a place of comfort, refreshment, and hospitality along the grief journey akin to sitting beside a brook.



PRE-REGISTRATION IS REQUIRED.

Contact the Bereavement Department of Shepherd's Cove Hospice or Stacey Johnson, LBSW, directly at sjohnson@shepherds Cove.org or by phone at 256-891-7724 or toll free 1-888-334-9336.

GRIEF SUPPORT GROUPS FOR ADULTS

Services for adults. For your convenience the groups may be offered both in the mornings and evenings.

GRIEF SUPPORT FOR KIDS

Services designed for children ages 4-11.

GRIEF SUPPORT FOR TEENS

Services designed for youth ages 12-18.

HOLIDAY SUPPORT GROUP

Designed to help the bereaved cope with the holiday season. Meeting date to be announced.

FAMILY GRIEF SUPPORT SERVICES

Available by appointment only.

BEREAVEMENT EDUCATION & TRAINING

Includes "Grief In The Workplace". Available for church groups, clubs, businesses, and other organizations upon request.

INDIVIDUAL GRIEF SUPPORT

Available by appointment only.

CAMP HOPE

Services provided to school age children 5-19.

SCHOOL BEREAVEMENT SERVICES

Services provided to school age children in the school setting.

PHONE SUPPORT SERVICES

Call to inquire.

Love Does Not End With Death

SINCE LOVE DOES NOT END WITH DEATH, HOLIDAYS MAY RESULT IN A RENEWED SENSE OF PERSONAL GRIEF—A FEELING OF LOSS UNLIKE THAT EXPERIENCED IN THE ROUTINE OF DAILY LIVING. SOCIETY ENCOURAGES YOU TO JOIN IN THE HOLIDAY SPIRIT, BUT ALL AROUND YOU THE SOUNDS, SIGHTS, AND SMELLS TRIGGER MEMORIES OF THE ONE YOU LOVE WHO HAS DIED. NO SIMPLE GUIDELINES EXIST THAT WILL TAKE AWAY THE HURT YOU ARE FEELING. WE HOPE, HOWEVER, THE FOLLOWING SUGGESTIONS WILL HELP YOU BETTER COPE WITH YOUR GRIEF DURING THIS JOYFUL, YET PAINFUL, TIME OF THE YEAR. AS YOU READ THROUGH THIS ARTICLE, REMEMBER THAT BY BEING TOLERANT AND COMPASSIONATE WITH YOURSELF, YOU WILL CONTINUE TO HEAL.

- TALK ABOUT YOUR GRIEF
- ELIMINATE UNNECESSARY STRESS
- BE WITH SUPPORTIVE, COMFORTING PEOPLE
- TALK ABOUT THE PERSON WHO HAS DIED
- DO WHAT IS RIGHT FOR YOU DURING THE HOLIDAYS
- PLAN AHEAD FOR FAMILY GATHERINGS
- EMBRACE YOUR TREASURE OF MEMORIES
- RENEW YOUR RESOURCES FOR LIVING
- EXPRESS YOUR FAITH
- BE TOLERANT OF YOUR PHYSICAL LIMITS

BY ALAN D. WOLFELT, PH.D
CENTER FOR LOSS & LIFE TRANSITION

The Griever's Holiday Bill of Rights

- You have the GIFT of "TIME OUTS" anytime you need to. Time out to let up; blow off a little steam; step away from the bustle of events; regroup and start over.
- You have the GIFT of HONESTY. When people ask, "How are you?" You have the right to tell them how you really feel not just what they want to hear.
- You have the GIFT of "BAH HUMBUG" Days. You don't have to put on a happy face for the benefit of others.
- You have the GIFT of DOING THINGS DIFFERENTLY. There is no law that says you must always celebrate a special day in the same way. Be at home or with friends; in any city or state you choose or have dinner in a restaurant instead of a traditional place. Feel free to make changes, but be where YOU feel most comfortable.
- You have the GIFT of HAVING FUN! When you have a day that isn't so bad and you feel like doing something just for fun, then do it!
- You have the GIFT of CHANGING DIRECTION IN MIDSTREAM. Grief is unpredictable.
- You have the GIFT of DOING THINGS AT DIFFERENT TIMES. Open special gifts at a different time or place.
- You have the GIFT of REST, PEACE AND SOLITUDE.
- You have the GIFT of DOING IT ALL DIFFERENT NEXT TIME. Just because you change things one year, doesn't mean you have it written in stone. Next year you can change it back or do it in yet another way.

Helping yourself heal during the holiday season

Remember

Holidays are intended to be times of joy, family togetherness and thankfulness. Yet if someone in your life has died, holidays can also naturally bring times of sadness, loss, emptiness and anxiety. Planning for the holidays may be difficult for those grieving a loss.

The holidays do not have to be filled only with sadness. There are many ways to cope with the loss of a loved one. One way to cope with a loss is to remember your loved one in a meaningful way. Some choose to memorialize their loved one's memory especially during the holiday season. I encourage you to seek out ways in which you and your family can honor the memory of your loved one this holiday season.

Below is a list of suggested activities that you may choose from to memorialize your loved one:

- Light a candle in memory of your loved one on the holiday.
- Display a holiday centerpiece on your table in memory of your loved one.
- Read aloud a poem, bible verse or special passage.
- Offer a dinner prayer or toast.
- Donate to charity in memory of your loved one.
- Hang a Christmas stocking in memory of your loved one.

Children and Grief

Each child's view of grief is unique to each individual child. Note that children grieve differently depending on age.

During the holiday season especially the first holiday following the death of a loved one can be a very difficult time for a bereaved child. Be prepared for any type of response especially from adolescents. Be patient.

Allow bereaved children to participate in planning for the holidays. Discuss holiday plans with the bereaved child to decrease anxiety. Encourage the bereaved child to write a letter or paint a picture to take to the cemetery.

Helping to Heal a Grieving Child's Heart

- Let the child feel what he/she feels
- Use the name of the person who died
- Find a local support group for grieving kids
- Help the child pack a memory box
- Be compassionate
- Listen to the child honoring his/her feelings
- Allow for griefbursts (sudden, unexpected grief moments)
- Play together
- Remember together
- Believe in the child's capacity to heal

By Alan D. Wolfelt, Ph.D
Center for Loss & Life Transition



Create a memory tree with ornaments that remind you of your loved one



Talk with the bereaved child. Encourage him/her to express their grief.

Favorite Holiday Memory: _____

I am: _____

I wish: _____

I am thankful for: _____

I worry: _____

Write a letter to your loved one...

Maybe you did not get a chance to say "goodbye" to your special person before he/she died. But you can write a "goodbye" letter to tell them what you never got a chance to say.

On the back of this page we have provide you with a special place to write your letter.



Shepherd's Cove
Grief Support

Our heart sets us apart.

**Come visit us at
the Brook Center**

**Monday - Thursday
8:00 AM to 4:30 PM**
*call line is open on
Friday

256.891.7724

For more information about
Shepherd's cove go to
www.shepherdscovehospice.org

Made possible through the
generosity of First United Methodist
Church of Albertville

Information in this
packet is from the
Center For Loss & Life
Transition. Visit
www.centerforloss.com
to find helpful books
and tools for coping
with grief. Email
info@centerforloss.com

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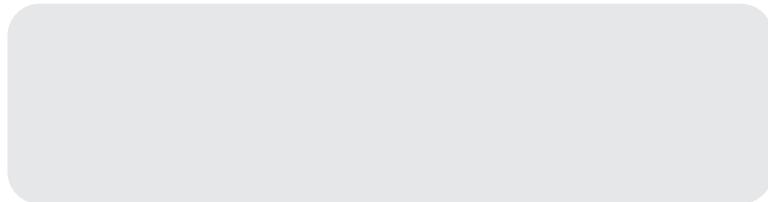
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It is the mission of Shepherd's Cove Hospice, a non-profit agency, to provide, with a servant's heart, exceptional, individualized care for those coping with end-of-life issues.

Shepherd's Cove Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 256-891-7724.

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