

# Bon Secours Hospice Bereavement Services

Spring 2020

The loss of a loved one is a life-altering experience, especially in the first year after a death. Bon Secours is committed to supporting families who grieve and to connecting them with others who have had similar experiences.

**Monthly Workshops** meet from **4 - 5:30 pm** in the near West End and include a short presentation by a counselor and small group discussion. Please register at least two days in advance.

## What's Normal in Grief?

Tuesday, March 17

## Coping with Anxiety and Depression

Tuesday, April 21

## Coping with Guilt and Regret

Tuesday, May 19

## Coping with the Death of a Parent

Tuesday, June 16

**Adult Support Groups** are led by counselors who facilitate discussion about common experiences and emotions after a loss, along with healthy ways to grieve and move toward healing. Reserve your place by talking with a counselor. These groups will meet in the Near West End.

## Loss of a Spouse Support Group (6 Weeks) - Contact Beth

Weekly on Thursdays (2-3:30 pm) March 5 - April 9

## Young Adult Grief Discussion Group (Ages 18-30; 8 Weeks) - Contact Kristen

Weekly on Thursdays (6:30-8:30 pm) March 5 - April 23

## Grief Support Group (6 Weeks) - Contact Beth

Weekly on Thursdays (6:30-8 pm) May 7 - June 11

**Service of Remembrance:** Join hospice families and staff as we remember and celebrate the lives of loved ones in a service of special music and reflection. Please RSVP by April 29.

**Sunday, May 3 from 3-4 pm**

St. Mary's Hospital in the Chapel

**Counseling Appointments** can be scheduled for hospice family members including children, teens, adults, and families. Referral information also available.