



HOSPICE  
*of the* VALLEY



*Your not-for-profit hospice since 1977*

# Grief Support Services

*a Personal Guide*

## Support Groups

One of the hardest things in life is to face the pain of loss. Every life, every relationship and everyone's grieving is unique. It can help to know more about grief, to share with others who understand and to find personal ways to express the experience. Hospice of the Valley offers many grief support services and resources to you and your family.

### *Adult Grief Support Groups*

Groups led by professional grief counselors are held twice a month Valleywide. They are open to the community regardless of whether the person who died was on hospice services. Registration is not required.

### *Child and Family Peer Support Groups*

The New Song Center for Grieving Children, a program of Hospice of the Valley, offers ongoing grief support groups for children, teens, young adults and adults who are grieving the death of someone they love. Register by calling New Song: 480.951.8985.

### *Holidays and Specific Groups*

Special remembrances and short-term groups address loss in relation to holidays and specific types of loss, such as the death of a spouse or a mother.

## Counseling and Other Support

### *Short-term Grief Counseling*

Within the first year, bereaved families of Hospice of the Valley may receive short-term professional grief counseling in their homes at no charge.

### *School, Work and Faith Settings*

Specialists provide education and support to community groups dealing with grief and loss.

### *Light Up a Life*

This annual outdoor community event is held under the stars every November to memorialize and honor those who have died.



## Resources

### *Educational Materials*

- Bereavement In Touch – A bi-monthly newsletter for our bereaved families.
- Finding Your Way Through Grief: A Guide for the First Year – A practical book about managing grief. \$12
- Helping Another In Grief – A booklet for those who are supporting someone who has suffered a loss. \$5
- Teen Grief – A booklet and DVD for teens and caring adults. \$20

### *Web-based Resources*

- hov.org – Click on “Grief Support” for information on grief issues and the grief support group calendar.
- hovforum.ipbhost.com – Professionally monitored, these forums address specific types of loss, such as death of a parent, child or pet.
- thenewsongcenter.org – Information on support groups and resources for children, teens, young adults and adults.
- griefhealing.com – Comprehensive resources and links to other helpful sites.

*The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.*

—Henri Nouwen (1932-1996), Belgian priest  
from *Out of Solitude* (1974)



To learn more about Hospice of the Valley services,  
call us anytime at 602.530.6900