

ORANGE & SULLIVAN



HOSPICE

A Plan For Living

May 2021
Volume 1, Issue 1



Bereavement Newsletter

Finding Balance in Grieving

By Kristin M. Palmieri, MA, LMHC-P, Bereavement Counselor

When we suffer the death of our loved one it is difficult to share our feelings and pain with others. To experience our grief in the healthiest way however, leaning into the experience is needed. It is important to find a safe place to discuss your sorrow, so at Hospice we offer grief counseling for free. Our small virtual groups or conference call groups, create a supportive environment for finding balance and healing.

It takes a lot of energy to grieve and feel the pain of loss. We must be gentle with ourselves; allowing ourselves to feel the pain, while also thinking about the happy memories we have with gratitude. As we strive toward emotional balance and practice as much self-care as possible, get enough rest, and by surrounding ourselves with supportive friends and family, our pain is tended to.



WHAT'S NEW

NEW SUPPORT GROUP

Integrative Grief Evening
Group starting in June 2021

REGISTRATION NOW OPEN

A group for individuals
learning to navigate life
while grieving.

TO REGISTER CALL
845-561-6111
www.hospiceoforange.com

Take a look inside

Sometimes loss changes how we view our purpose. Using creative urges to write, build, paint your living room, play music, plan a vacation, create a new vision board, or join a group, prepare to meet new friends, make relationships- All support our effort to regain our balance.



Poem

By Unknow Author



Grief is the last act of love we have to give those we loved.

Where there is deep grief, there was great love.

What is self-care?

Self-care can be anything healthy we can do to feel good. It can be a brisk walk, coffee with a friend, acupuncture, a Swedish massage, praying at church or watching a funny movie. This month do more self-care.





HOSPICE of Orange & Sullivan Bereavement Support Groups

We Invite YOU to consider joining!

Support, designed for YOU, where others can relate to your experiences

To continue our agency's efforts to maximize safety of all, Hospice provides Virtual Grief support to those currently experiencing loss in our community. These groups are free and open to the public regardless if your loved one received hospice services.

Please CALL 845-561-6111 and speak to our Bereavement Counselor

All Group Members Require

- ◆ Completion of telephone intake
- ◆ Complete a Telehealth Consent w/ Facilitator
- ◆ Receive Facilitator invites into support group sessions

For Acute Grief: *When a death has occurred within the last 3 months*

◆ **Healing Hearts** – Zoom support group

Every Thursday : 3:00 pm- 4:30 pm

&

Every Wednesday: 6:00 pm -7:30 pm
 Time limited: 8 Consecutive weeks

**For those in our community who are grieving the loss of a loved one due to Covid-19 pandemic:*

◆ **>Comfort in the Storm** - Zoom support group

Every Thursday
 6:30 pm – 8:00 pm
 Open & Ongoing group

For Integrating Grief: *For individuals who are learning to navigate their lives while experiencing grief*

◆ **Pathways Thru Grief** – Conference call – Audio only

1st & 3rd Wednesday/month
 2:00 pm – 3:30 pm
 Open & ongoing group

◆ **Footsteps toward Healing** – Conference Call – Audio only

2nd & 4th Thursday /month
 10:00 am – 11:30 am
 Open & ongoing group

◆ **Light for the Journey** – Zoom support group

2nd & 4th Wednesdays /month
 4:00 pm-5:30 pm
 Open & ongoing group

◆ **Traveling Thru Grief** – Zoom support group

1st & 3rd Monday/month
 11:00 am – 12:30 pm
 Open & ongoing group



Thriving Families: building
 resilience
 A Virtual Family Grief Program

A program to promote healing by providing an opportunity for youth to express their thoughts, verbalize their feelings, and share their experience of grief. For children ages 6 through teens.

Additional information is available