

When Someone You Love Dies

You grieve...

- The loss of your loved one
- The changes in your life

You hurt...

- Physically
- Emotionally
- Spiritually

You experience...

- Pain, emptiness, restlessness
- Anger, guilt, remorse
- Hopelessness and loneliness



You need...

- Time to heal
- Time to think and remember
- Someone to talk to

Coping With Loss

- Crying is an acceptable and healthy expression of grief and a release of built-up tension. Cry freely as you feel the need.
- Try to maintain a balanced diet, get rest and moderate exercise. Avoid the use of drugs and alcohol.
- Give yourself extra lifts: hot baths, afternoon naps, a trip, time with special people, a walk in the woods, a favourite food.
- Talk about your loss. This is the most important thing you can do to reduce the pain.
- Accept yourself. Be gentle with yourself and reach out for help. It will help you cope and support you to heal.

“FINDING MY WAY” Grief Support Groups

- ♥ Each Spring and Fall, Hospice holds a 7-week Grief Support Group.
- ♥ Two-hour sessions take place every Wednesday at Bobby’s Hospice from 6:30—8:30 pm.
- ♥ No charge to attend.
- ♥ Delivered by trained and experienced staff and volunteers.
- ♥ Topics covered include:

Specific Grief Reactions/Feelings
The Journey of Grief Video by Doug Manning
Nutritional Wellness
Taking Care of You
Sharing Special Mementos
Anniversaries/Special Occasions & Dates To Remember
Caring for the Spirit through Art
Moving Through Grief & Coping

- ♥ Register in advance. Call Hospice at 632-5593.
(See *Upcoming Events* for further details)

Annual Memorial Service

Remember your loved ones in our special annual non-denominational service held each November at *Assumption Parish*, Saint John West.

Library and Information Services

Hospice has an extensive library filled on books, information and videos on grief and loss.

Men in Grief Group

A NEW Men in Grief Group is in development for 2017.