

Where Do I Go From Here?

Information To Help You When A Loved One Dies



*“The death of a loved one is very difficult. It is important to realize that grief is a normal, natural and expected response to the loss of a significant person in your life. Grief is a process of healing a broken heart. It is painful. Many people are tempted to run away from grief, but it is a necessary process. It takes great courage to cope with loss and begin to embrace life again. Grief has many ups and downs. It lasts much longer than our society recognizes and no two people experience grief in the same way. There is no “right or wrong” way to grieve. There is only **your** way.”*

At Hospice, we understand grief and we are here to help. “*Where Do I Go From Here?*” includes information on grief and loss, tips on the practical details of loss and community resource information. This booklet is provided free of charge to Hospice clients. Others may purchase this booklet for personal use only. The fee is \$20 to cover the cost of production, printing and mailing.

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Contact Hospice at 632-5593 or visit our website at www.hospicesj.ca for more information.

