

# HOSPICE BEREAVEMENT PROGRAM OVERVIEW

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Bereavement support is an integral part of the ongoing care offered by Doylestown Health Hospice. The bereavement program offers comprehensive support and services for individuals grieving a new loss. In accordance with Doylestown Health's mission of SERVICE, our priorities include support and service not only to our Hospice bereaved, but our commitment extends to our broader community as well. Our bereavement programs offer a wide array of choices to address each person's individual needs at a most challenging time. A dedicated staff and volunteers are here to support you as you begin to navigate a challenging new normal.

Thank you for considering our program and allowing us the opportunity to companion you through this journey.

In support,  
Doylestown Health Hospice Bereavement Coordinator

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## **INDIVIDUAL SUPPORT**

For individuals who have lost a loved one on our hospice, the Bereavement Coordinators are available to extend intermittent, short term in-home supportive counseling on a monthly basis. Should individuals be looking for a community therapist, we can assist with the identification of appropriate resources here and outside of the local area as well.

## **BEREAVEMENT SUPPORT GROUPS**

All support groups are facilitated by a hospice Bereavement Coordinator and provide a safe, supportive environment in which to explore the challenges associated with life after loss along the opportunity to gain new insights and coping strategies through peer support.

### **Widow/Widower Support Group**

Meeting monthly, this ongoing group is geared towards our "senior" members who are coping with new loss.

### **Younger Surviving Partners Support Group**

Meeting monthly, this group addresses the challenges of new loss for individuals in their 30's-60's who are within the first 13 months of loss.

### **Second Year and Beyond Support Group (for our senior members and younger surviving partners)**

These 2 monthly groups offer additional support to individuals who have navigated the first 13 months of their bereavement journey and supports them as they meet the new and different challenges found in the second year of loss and beyond.

### **Adult Loss of Parent Support Group**

Meeting monthly, this group offers support for adults who have lost a parent and are facing the new challenges of life without a parental presence.

## SEMINARS

### **Who Am I Now? An Introduction to Grief and Loss for the Newly Bereaved**

This seminar is offered several times per year. Its goal is to provide education and insights into new grief and loss, help individuals better understand their grief process, develop coping strategies and become familiar with resources and supports in our community.

### **Coping with the Holidays: Facing Inevitable Changes and Challenges**

This seminar held annually explores the many challenges and changes associated with new loss as the holiday season approaches. The program offers education, coping strategies and support in anticipation of this challenging time of the year.

### **A number of other seminars/programs may be offered on an intermittent basis and may include:**

- Can you Let It Go? Releasing Anger and Guilt after a Loved One Dies
- The New Year: Moving Forward While Honoring the Past
- Seasonal seminars – (e.g. Mothers Day/Fathers Day programs of remembrance)
- Tidings of Comfort – non-denominational gathering of comfort/support held in conjunction with our Hospice Chaplains in anticipation of the holiday season and its challenges.
- How to be Present for those in Grief – an educational seminar to help friends, co-workers and significant others better understand a griever's needs and the importance of true presence.

## VIRTUAL DROP-INS

Weekly informal drop-ins offer peer support, companionship and conversation to ease the day to day loneliness of new grief.

## MEN'S BREAKFASTS

Held monthly, this "men's only" breakfast provides an informal opportunity to gain support from and with other men who have sustained the loss of a spouse/life partner. Facilitated by a Bereavement Volunteer, this group feeds your body and your soul.

## TIGHTLY BOUND BOOK GROUP

Meeting weekly, this virtual group is open to anyone who enjoys reading. Our fiction and non-fiction choices provide ongoing opportunities for stimulating conversations about life, loss and resilience through the books chosen by the members of the group.

## ACTIVITIES FOR SOCIALIZATION & COMPANIONSHIP

Our bereavement program offers a variety of social gatherings to help individuals expand their base of support while enjoying the company of others in grief who, "get it." These ongoing events are hosted by our Bereavement Coordinators and Volunteers.

### **These may include:**

- Seasonal Breakfasts
- Coffee and Conversation
- Dinner Diversions
- Walk and Talk at Peace Valley Park
- Annual Bereavement Picnic
- Annual Friendsgiving /Thanksgiving Luncheon
- Holiday Gatherings
- Cultural Events

## PROFESSIONAL SERVICES

The bereavement staff of Doylestown Health Hospice are available for speaking engagements, grief support to local organizations, schools, faith communities and can also provide resources/referrals to local and out of area grief specific programs upon request.

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**For any questions, additional information or to receive our weekly emails, please contact:**

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