



### ***Adult Bereavement Support Groups***

are provided by the Hospice Department of the VNA and are conducted several times during the

year. The groups provide an opportunity for those grieving the loss of a loved one to process their grief and to gain support through this most difficult time.

#### ***► Who would benefit from attending a group?***

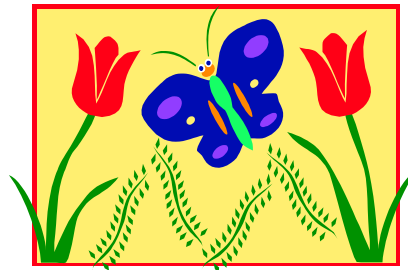
Anyone who has lost a loved one more than 3 months previous to the start of a group.

#### ***► What happens during these groups?***

Highly trained volunteers assist the group in recognizing and understanding the “symptoms” of grief – the thoughts and feeling that are a normal part of the grief process. The trained volunteers provide an opportunity for each group member to share their story of their loved one. Members are given the tools for coping with their loss.

#### ***► Do I have to talk?***

Group members are never pressured to talk about anything before they are ready to share. However, it is understood that agreeing to become a member of the group means a commitment to respecting the dignity of each person and also the willingness to share one’s own place in the grief journey.



#### ***► How much does all this cost?***

There is no cost for the Adult Bereavement Support Groups. The support groups are a service provided to the community by the VNA Hospice Department. Highly trained Hospice volunteers under Hospice staff supervision conduct the groups.

#### ***► And how long does it last?***

Generally the adult bereavement support group runs for 8 weeks and a commitment to attending all 8 sessions is expected

#### **► Some comments by past support group participants:**

*“I never felt uncomfortable sharing my feelings....I always felt very safe and comfortable in the group.” (Katey)*

*“All the members were dealing with the same so we all understood what each was going through....I was able to be myself whether it be crying or communicating.” (Laura)*

*“I feel fortunate to have been a part of this very needed group....The facilitators were all very professional, compassionate and supportive – thanks again.” (Peter)*

*“With the discussions and the literature these things have given me a better understanding of the grief process.” (Laura)*



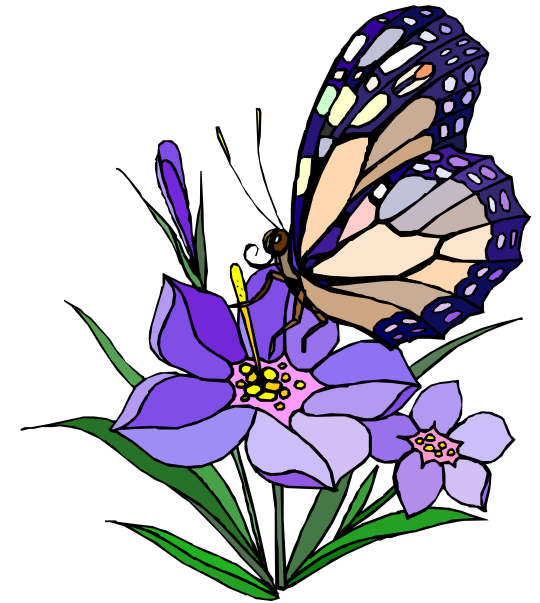
► *Does my loved one have to have been a Hospice patient?*

No, any person in the community who has experienced the loss of a loved one may benefit from the support group.

**For more information call:  
Spiritual/Bereavement  
Coordinator, VNA/Hospice  
603 663-4005**



# Adult Bereavement Support Groups



**Offered by:**  
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