

Death can be a painful and permanent loss experience, and one of the hardest from which to recover. Death takes away, but facing it and grieving can result in peace, new strengths and purpose.

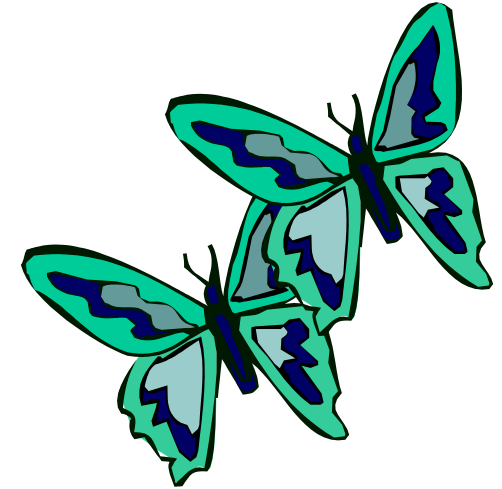
Because grief is so painful, some people try to “get over” a loss by denying the pain. Studies show that when people don’t deal with the emotions of grief, the pain does not go away.

Call VNA Hospice today for more information or to receive an application- 622-3781 ext 4005.

We would love to help.

VNA Hospice
1070 Holt Ave, Suite 1400
Manchester, NH 03109

VNA Hospice *Bereavement Services*



The Butterfly: A Symbol of Hope, A Symbol of New Life

“A butterfly lights beside us like a sunbeam. And for a brief moment its glory and beauty belong to our world.

But then it flies on again, and though we wish it could have stayed, We feel so lucky to have seen it”.

By Eunice Brown



VISITING NURSE ASSOCIATION
OF MANCHESTER & SOUTHERN NEW HAMPSHIRE, INC.

Serving the community since 1897

The VNA Hospice offers an open ended Men's Support Group. This group is for any man grieving the loss of his wife. Meetings are informal and offer a place to gather with other men over a cup of coffee and muffins. There is no charge for attending. Meetings are held the fourth Friday of every month from 9-11 AM. Please contact Chuck Johnson at 663-4005 for location details.

Adult Bereavement Support Groups

Adult 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. Groups help individuals to understand better the grief process and how to celebrate and honor the loved ones we have lost. Groups meet weekly for 8 weeks and are held several times throughout the year.

Stepping Stones through Grief

A bereavement group for children and adolescents ages 5-18. The groups will help explore and understand better topics such as the meaning of death, the feelings generated around loss and how to celebrate and honor the loved ones we have lost. Parents are encouraged to stay for an informal support group. The groups meet weekly for 8 weeks. Stepping-Stones is held twice a year in the spring and fall.

Memorial Service-A Celebration of Remembrance

Memorial Services are held twice a year to honor and celebrate the lives of those people we have loved. These opportunities are open to the public. Please contact the VNA for more details and learn how you can celebrate your love one's life with others from the community.

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 a group?

Highly trained volunteers assist the group in recognizing and understanding the "symptoms of grief" – the thoughts and feelings that are a normal part of the grief process. Trained volunteers provide an opportunity for each group member to share their story of their loved one.

Do I have to talk?

Group members are never pressured to talk about anything before they are ready to share.

How long does a group last?

Generally bereavement support groups run for 8 weeks and a commitment to attending all 8 sessions is expected.

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.

How much does it cost?

All bereavement support groups are offered free to the community and are made possible through thoughtful gifts to VNA Hospice in memory and in honor of loved ones. Donations can be made at anytime and sent to VNA Hospice or given to the group leader.

The following services require pre-registration:

- Adult Bereavement Support Group
- Stepping Stones through Grief

For more information or to receive an application, please contact the VNA Hospice Spiritual/Bereavement Coordinator at:

**1070 Holt Ave, Suite 1400,
Manchester, NH 03109**

www.manchestervna.org
603-622-3781