



# Grief Support Groups

at Midwest Palliative & Hospice CareCenter

If you are grieving the death of a loved one, a grief support group can provide a confidential, non-judgmental environment for you to connect with others. CareCenter offers a range of grief support groups throughout our service area for adults who are coping with loss. Groups typically are held for eight weeks and address topics such as: stress and coping, changes, feelings, memories and self care.

Here are some groups that we may be offering at a location near you.

## Adult Loss

Our Adult Loss group is open to any adult who is grieving the death of a parent, sibling or friend. Sharing time and space with others who have experienced a loss helps to normalize the grief process. The group offers a forum to express thoughts and feelings, as well as to honor the memories of a loved one.

## Spouse Loss

Our Spouse Loss group is for adults who are grieving the loss of a spouse or partner. Typical concerns addressed in this group may be: “How do I deal with the myriad of tasks that face me?” “Will I always feel like the third wheel?” or “Will I ever stop crying?” Individuals also may share advice about caring for children, dating, managing finances, etc.

## Sudden Loss

Death without forewarning can create distinct problems and challenges for surviving family members and friends. Our Sudden Loss group addresses the special concerns of adults who have lost loved ones unexpectedly. Individuals can learn about common and uncommon grief reactions and healthy self-care activities.

## LGBT Loss

The death of a life partner, while always traumatic, can be particularly stressful for people who may lack societal or familial support because of their sexual orientation or gender identity. Our LGBT loss group helps grieving individuals identify ways to cope with secrecy, shame or guilt—symptoms of grief that often are expressed in the LGBT community.

## Second-year Loss

We know that grief cannot be measured in days, months, even years. The Second-year Loss group brings to together individuals who have been grieving the death of a loved one for more than a year. As we follow the group curriculum, we also discuss ways to respond to comments such as “It’s time to move on” or “Time heals all wounds.”

## Drop-in Groups

Our biweekly drop-in groups are open to adults who are beyond their first year of grief or have previously attended one of our eight-week support groups. Registration for these groups is not required.

For more information or to register for a grief support group, call (800) 331-5484 and ask to speak with a bereavement counselor.