

Family and Individual Support

Hospice of Holland's Bereavement Counselors are professionally trained and experienced in walking with individuals and families through the grief process. A grief counselor is available to every hospice family for 13 months after a death occurs. Support can take the form of individual or family counseling sessions, phone calls, and periodic mailings.

Community Support

Bereavement support is also available to anyone in the community who is struggling with grief after a death. Individual and family grief counseling sessions are available to community members free of charge. The number of sessions and the duration of involvement are based on the counselor's assessment.

to strengthen the spirit
to soothe the body
to quiet the heart

All programs meet at Hospice of Holland, 270 Hoover Blvd., Holland, unless otherwise indicated.

Contact Hospice of Holland at 616.396.2972 for current group schedules and registration.

www.hollandhospice.org

270 Hoover Blvd
Holland, MI 49423
616.396.2972

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Adding More Life to Every Day

Hospice of Holland, Inc. complies with the applicable State and Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age disability, religion, sexual orientation, height, weight or sex.

If you do not speak English, language assistance services, free of charge, are available to you. Call 1.616.396.2972

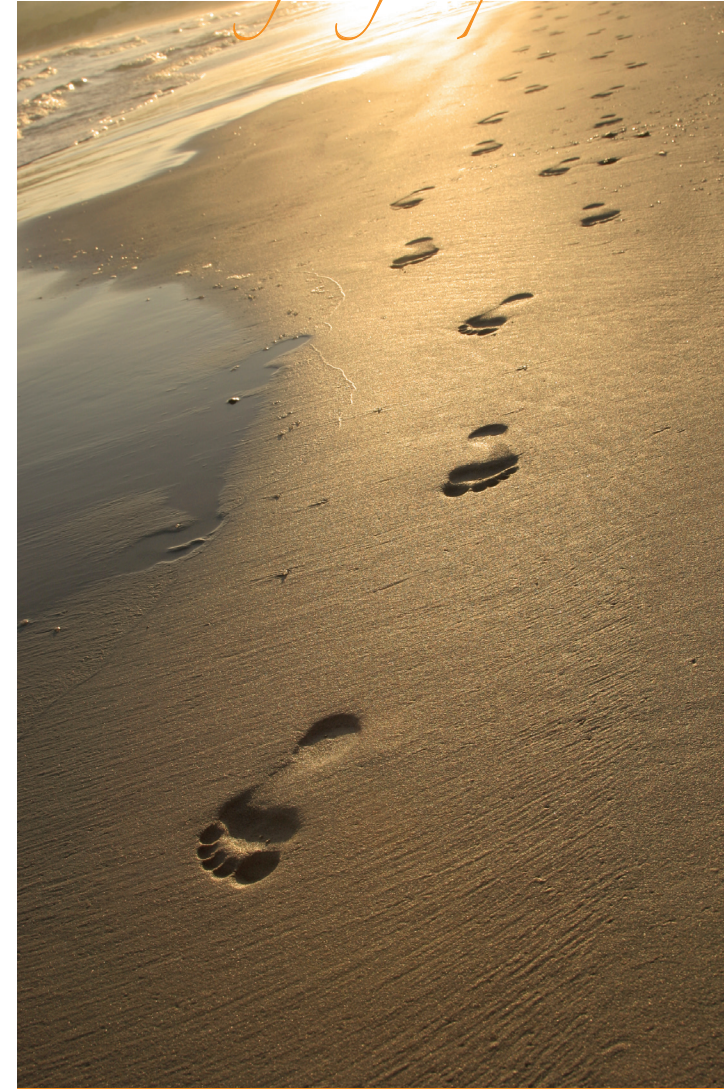
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.616.396.2972.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 616.396.2972.1 (رقم

6.16.2020

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Strengthening the Spirit



Bereavement Services

The Journey of Grief

Grief resulting from a death is one of the most painful experiences an individual can face. While grief is a normal response to loss, it can be a distressing and confusing process that touches every aspect of a person's life.

Physical symptoms may include headaches, upset stomach, exhaustion, or tightness in the chest or throat. Grief can also bring up feelings of guilt, anger, depression, irritability, numbness or absentmindedness.

We all grieve in our own way, in our own time. Along the grief journey, individual symptoms and emotions may fluctuate and change without warning.

While experiencing grief is part of the healing process, it doesn't have to be done alone.



Adult Groups

Adult Tears

- This support group focuses on the unique experience that adult children face after the death of a parent. Join with others who have similar stories to share, learn, and explore those losses.

This five-session group is scheduled twice yearly depending on participant registration.

Going Solo

- A support group designed to help people through the first year after losing a spouse or partner.

Meets alternating Thursdays of each month during the day.

Journeys

- This support group gives young spouses/partners the opportunity to explore their grief and addresses topics such as raising children, financial concerns and reinvesting in the future.

This group is scheduled twice yearly depending on participant registration.

Understanding Grief

- An educational seminar designed to assist adults in understanding and coping with the grief process.

This 90 minute workshop is scheduled based on participant registration.

Additional groups and special topic sessions are scheduled based on need. Please contact Hospice of Holland for the most current information.

To Register

Support is only a phone call away. Contact Hospice of Holland at 616.396.2972 for current group schedule and registration.

Children and Teen Support

Camp Hope

- A day camp for grieving children ages 7 to 12. Music, writing, art and movement are used to help children explore and begin to heal their grief. Camp Hope is scheduled each summer.

Support Groups

- Groups for children and teens who have experienced a death can assist them in understanding and coping with loss. These groups are broken up into appropriate age groups and scheduled based on participant registration.

Grief Counseling

- Bereavement Counselors are available to meet with children and teens individually or in sibling groups. Counseling sessions focus on the strengths of each child/teen, empowering them to grieve, heal and grow in healthy ways.

Holiday Grief

Experiencing a death can make the holiday season an especially difficult time. The idea of celebrating can be overwhelming for families. This session, held each November, will discuss how to plan for the holidays while honoring memories and practicing self-care.

Annual Memorial Service

Hospice of Holland's annual Memorial Service offers an evening to remember, reflect, and to move forward with hope. Scheduled each May, this service offers family members and hospice staff the opportunity to honor and celebrate the memory of those who have died during the previous year.