

# Free Programs for the Community

## GRIEF SUPPORT GROUPS

Groups provide a supportive environment to learn about the grief process while benefitting from others who are on a similar journey. We offer groups in person and online.

## GOOD GRIEF WORKBOOK

This self-guided workbook includes education, inspiration, journaling, and more, to support you on your journey.

## EVENTS & WORKSHOPS

From our children's camp, Camp Monarch, to workshops for adults learning to adjust to life without their spouse, our workshops provide practical tips, education, and inspiration for healing.

## CHILDREN'S GRIEF COUNSELING

One-on-one counseling is offered for grieving children (based upon availability).

## GRIEF ASSESSMENT

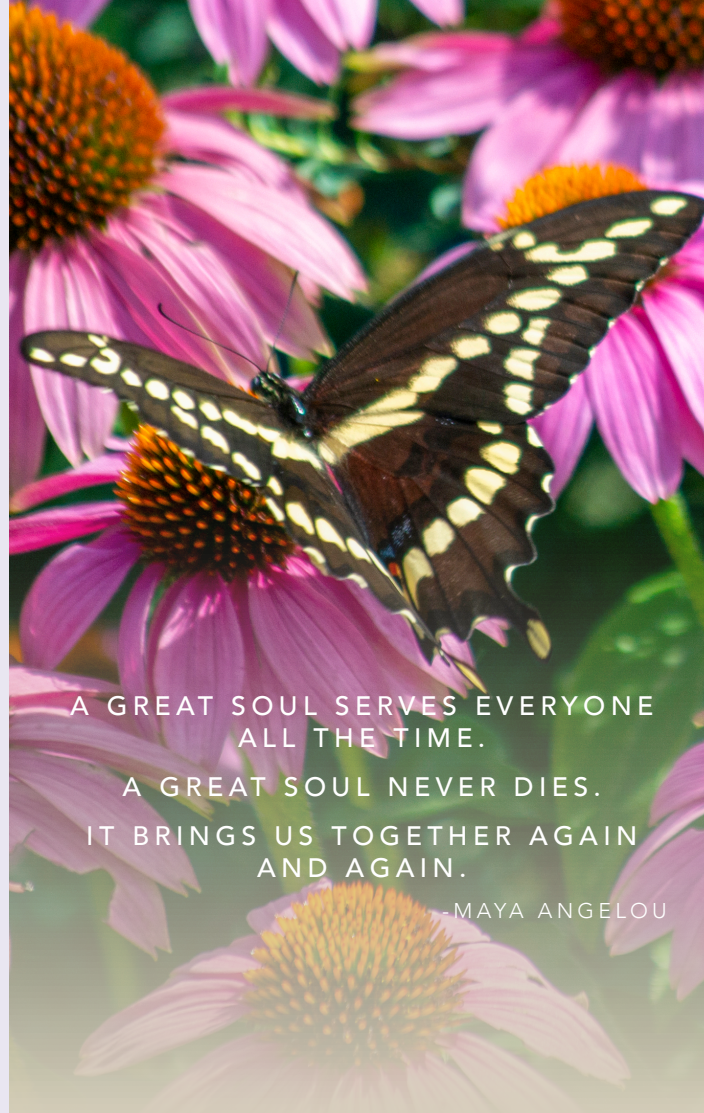
Our team can guide you with recommendations for services at Angela Hospice and in the community.

## COMMUNITY OUTREACH

Our Grief Care team partners with schools, churches, and other community groups, providing education and hosting sessions regarding grief and loss.



For more information about these programs, visit [AskForAngela.com](http://AskForAngela.com) or call 734.779.6690.



A GREAT SOUL SERVES EVERYONE  
ALL THE TIME.

A GREAT SOUL NEVER DIES.  
IT BRINGS US TOGETHER AGAIN  
AND AGAIN.

—MAYA ANGELOU



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A FELICIAN-SPONSORED MINISTRY

A GUIDE FOR HEALING  
AFTER LOSS



# Grief's Journey





WHERE THERE IS DEEP GRIEF, THERE WAS

*great love*

### WHAT IS GRIEF?

Grief is the natural response to loss. It is what you feel when something or someone you love is taken away. Grief can include the symptoms of shock, fear, sadness, guilt, and anxiety.

## What You Need To Know When You're Grieving

Grief can be overwhelming. It can trigger unexpected feelings and impact all aspects of your life. It can affect your physical and mental health, as well as your relationships with family and friends.

- Grief is a normal response to loss.
- There is no "right" way to grieve.
- Your feelings are neither good nor bad; they just are.
- Grief is intensely personal and everyone experiences it differently.
- There is no quick fix and grief has no fixed path.
- Grief will change over time and it will get better.

### ANGELA HOSPICE GRIEF SUPPORT

Losing a loved one is one of the hardest things you can go through. While feelings of grief are normal, handling them can be difficult and painful. Learning about the grief process and talking about what you're going through can help.

GRIEF NEVER ENDS...BUT IT  
CHANGES.

IT'S A PASSAGE, NOT A PLACE  
TO STAY.

GRIEF IS NOT A SIGN OF  
WEAKNESS OR LACK OF FAITH.

IT'S THE PRICE OF LOVE.

-UNKNOWN

## Promoting Healing

### WHAT IS GRIEF WORK?

Grief work is the physical process of grieving your loss. This can include crying, writing, or talking about your loved one.

The healing and reconciliation work of mourning seeks to integrate the loss into the new reality of life without your loved one. It's about healing and adapting to the "new normal." Working through your grief will help you to:

- Acknowledge the reality of the death
- Adapt to the pain of your loss
- Honor the person who died
- Create a new self-identity

There are many ways that you can come to terms with a loss; however, the number one factor in successfully healing from grief is support.

## Special Support for our Patients' Loved Ones

### ONE-ON-ONE COUNSELING

We provide grief care education and counseling to assist in coping with the death of a loved one.

To schedule an appointment, call  
734.779.6690.