

FEBRUARY 2019

LifePath Hospice Bereavement and Support Group Programs



LIFEPATH
HOSPICE

A Chapters Health® Affiliate
Licensed Since 1983

After the loss of a loved one, some survivors may find the pain associated with their loss doesn't lessen with time. Individual grief counseling and support groups provide a safe place to express feelings, share experiences, learn about grief and move ahead in the process. LifePath Hospice provides various support groups and individual counseling. It is our hope that you will take advantage of the programs that best suit your particular needs and circumstances.

You don't have to be the loved one of a LifePath Hospice patient to participate in these support services. We are pleased to offer our programs to anyone residing in Hillsborough County who has experienced the death of a loved one. Preregistration is required for all offerings. For more information and to register for support groups, please call 813-877-2200 or visit the calendar at www.chaptershealth.org.

New Beginnings Adult Grief Support Groups

Eight-week support groups for adults grieving the loss of a loved one. For more information, visit the Calendar at www.chaptershealth.org or call 813-877-2200. We make every effort to accommodate your group preference, but please be aware that the group size is limited.

Temple Terrace

Thursdays, March 14 – May 2, 6 – 7:30 p.m.

Sun City Center

Mondays, March 18 – May 6, 2 – 3:30 p.m.

South Tampa – Memorial Hospital

Mondays, March 18 – May 6, 6 – 7:30 p.m.

Northwest – Carrollwood

Thursdays, March 21 – May 9, 2 – 3:30 p.m.

Evening group coming soon!

Brandon

Tuesdays, March 26 – May 14, 6 – 7:30 p.m.

Plant City

Thursdays, March 28 – May 16, 10:30 a.m. – noon

Circle of Love Center

Ongoing support group meetings for young grievers ages 3 to 18 and their families.

Tampa

Second and fourth Tuesdays or Thursdays
Feb. 12 or 14, and 26 or 28, 6 – 7:30 p.m.

New Group - Southern Hillsborough!

Circle of Love South Shore will be held in Apollo Beach. Please call for more info and to register.
Feb. 12 & 26 and March 12 & 26, 6 – 7:30 p.m.

Ongoing Specialty Bereavement Support Groups

These specialized support groups can be joined at any time. Please call with questions or to register.

Young Adult Support Group

Providing support in a social environment for young adults ages 18-30

Tampa

Tues., Feb. 5 & 19 and Mar. 5 & 19, 6 – 7:30 p.m.

Aston Gardens Support Group

Providing support to the community and residents

Aston Gardens of Tampa/Westchase

Second and fourth Mondays

Feb. 11 & 25 and March 11 & 25, 10 – 11:30 a.m.

Belvedere Commons Support Group

Providing support to the community and residents

Belvedere Commons, Tampa/Lake Magdalene

Second and fourth Mondays

Feb. 11 & 25 and March 11 & 25, 2 – 3:30 p.m.

Suicide Loss Support Group

Providing support to those who have lost a loved one to suicide

South Tampa – Memorial Hospital

Second and fourth Tuesdays

Feb. 12 & 26 and March 12 & 26, 6 – 7:30 p.m.

Loss of a Child Support Group

Temple Terrace Call 813-877-2200 for details.

Camp Circle of Love

Camp Circle of Love will be **March 22-24** for children 6 to 18 who have lost of a loved one.

Now accepting applications! Call Corinne Gaertner at 813-357-5671 for more details

Spare Judgment in Grief

By Ashley Hertzog, MAC, LifePath Hospice Bereavement Specialist

There is no time frame for grief. There is no right or wrong way to grieve. To say grief is messy is an understatement. Yet, there are times when we may feel judged by others for how we are handling our grief. In fact, we even may judge ourselves.

A person in mourning may hear others say, "It's time to move on," or "Aren't you over it yet?" I have heard many bereaved individuals say about themselves, "It's been four months, shouldn't I be doing better by now?" My response to them is, "Remember, it has *only* been four months."



A long-standing myth about the grief process is that there are linear stages you go through, and by the end of those stages, you are cured of grief, or you "get over it." But grief is not pathological; so in essence, there is no cure.

Elizabeth Kubler-Ross was a pioneer in beginning the discussion around death and dying. She wrote a book titled "On Death and Dying," in which she introduced the five stages of dying: denial, anger, bargaining, depression and acceptance. These stages were then adapted in an attempt to fit as a grief model, which led to the myth that grief is a linear process. These five stages are indeed emotions a grieving person might feel at some point, but they are not meant to lead a bereaved person to the belief that one might be cured after experiencing these stages. This has become a misconception about grief. What we now understand is that no single person grieves alike – grief is as unique as a fingerprint.

Alan Wolfelt, PhD, explains in his article "The Whys of Grief," that the depth of grief one feels or the way in which one may grieve depends largely upon the relationship the bereaved had with the person who died, the circumstances of the death and the unique personality of the bereaved, along with many other factors. In addition, there are various components of mourning. We mourn for the one who has died and for the life we had with him or her, and we often mourn for ourselves. You see, grieving can be confusing. Instead of judgment, compassion for those mourning is crucial, and

compassion for *ourselves* when we are mourning is just as important.

There are things you can do during this difficult time as you learn how to integrate the reality of your loss:

- Ask for help and accept support from others.
- Tell others what you need from them, and speak your truth.
- Take care of yourself.
- Talk about your loved one and share memories, and find meaningful ways to honor them.
- And lastly, without judgement, be gentle with yourself and remember that grief is painful and that over time, and with intention, it can and will get better.

While we do not get over our loss, we can learn how to carry grief.



LIFEPATH
HOSPICE

A Chapters Health® Affiliate

www.chaptershealth.org