

HPH Hospice Bereavement and Support Group Programs



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After losing a loved one, some survivors may find that the pain associated with that loss doesn't always lessen with time. Support groups provide a safe place to express feelings, share experiences, learn about grief and move ahead in the grief process. HPH Hospice provides various support groups throughout the year.

We hope you will take advantage of the group that best suits your needs and circumstances. You don't have to be the loved one of an HPH Hospice patient to participate in these support groups. We offer our programs to anyone residing in Pasco, Hernando or Citrus County who has experienced the death of a loved one.

Ongoing Adult Grief Support Groups

HPH Hospice offers these ongoing, free support groups for adults. There is no need to register. For more details, please call the Bereavement Department at 727-816-3647.

PASCO COUNTY

First and third Thursdays, 1 – 2 p.m.
St. Mark's Church, 7922 State Rd. 52
Hudson

Second and fourth Mondays, 2 – 3 p.m.
HPH Hospice, 37445 Clinton Ave.
Dade City

Second and fourth Tuesdays, 6 – 7 p.m.
HPH Hospice, 6807 Rowan Road
New Port Richey

HERNANDO COUNTY

Second and fourth Tuesdays, 6:30 – 7:30 p.m.
HPH Hospice, 12254 Cortez Boulevard
Brooksville

Second and fourth Thursdays, 3 – 4 p.m.
HPH Hospice, 12254 Cortez Boulevard
Brooksville

CITRUS COUNTY

First and third Tuesdays, 11 a.m. – noon
HPH Hospice, 2939 W. Gulf to Lake Hwy.
Lecanto

Grief's Journey

These eight-week grief support groups are intended for newly bereaved adults. Registration is required. Call 727-816-3647.

HERNANDO COUNTY

Tuesdays, January 14 – March 3, 2020
2 – 4 p.m., Brooksville

Wednesdays, April 1 – May 20, 2020
6 – 8 p.m., Brooksville

Tuesdays, September 1 – October 20, 2020
2 – 4 p.m., Brooksville

PASCO COUNTY

Thursdays, January 9 – February 27, 2020
10 a.m. – noon, Hudson

Wednesdays, March 25 – May 13, 2020
6 – 8 p.m., New Port Richey

Tuesdays, June 2 – July 21, 2020
2 – 4 p.m., New Port Richey

Wednesdays, Sept. 2 – Oct. 21, 2020
6 – 8 p.m., Hudson

Child/Teen Grief Support Groups

These ongoing support group meetings are for young griever, ages 5 to 17, and their families. There is no charge. Pre-registration is required. To register, please call 727-816-3647.

First and third Thursdays, 6 – 7:30 p.m.
Center for Grieving Children, Hudson

Second and fourth Thursdays, 6 – 7:30 p.m.
Hernando Grief Center, Brooksville

Third Tuesday, 6 – 7:30 p.m.
Citrus Family Workshop, Lecanto

The Mourner's Bill of Rights

by Alan D. Wolfelt, PhD

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell what you should or should not be feeling.

2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits. Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience "griefbursts." Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is

normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. You have the right to search for meaning. You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.

9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

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