

GRIEF JOURNEY PROGRAM

Community outreach, education and support





Support. Outreach. Education.

Hospice of Michigan offers a variety of grief support and educational services including visits, support groups and educational programs.

Our services are available to individuals and families who were served by Hospice of Michigan, as well as to the community at large.

Hospice of Michigan offers additional resources to support your grief journey

- **Spotify** playlists – *Songs especially selected by us for comfort, support or solace on our profile of this music streaming service*
- **Notes of Hope** weekly affirmations
- **Cooking for One** Cookbook

Visit www.hom.org to learn more.

WHAT IS GRIEF?

Grief is...

a normal and natural reaction to a significant loss;
a personal and individual experience;
a process that takes place over time;
random and unpredictable; it does not occur in any set order.

WHAT IS MOST HELPFUL AS WE GRIEVE?

Having **information** on expected, normal behaviors and on available resources.

Giving ourselves **permission** to grieve.

Finding **good listeners**, people who understand us and our pain.

Accepting the **support** of others. This may make our grief a little easier to bear.

Self-care that focuses on patience, rest and setting limits.

WHAT GRIEF SUPPORT SERVICES ARE OFFERED TO BEREAVED INDIVIDUALS?

Following the death of a loved one, families served by Hospice of Michigan are contacted by a member of the Grief Journey Program staff, who will describe the services and support groups that are available. Our services are open to family members, as well as others in the community.

Our grief support professionals offer emotional guidance, support and education.

Grief support professionals give individuals and families an opportunity to share their thoughts and feelings related to the death of a loved one. They do not offer therapy, but are trained to listen and support those who are grieving.

Grief support groups provide a safe and supportive environment for participants to express their thoughts and feelings while increasing their awareness of the grief process.

Virtual Groups offer the opportunity to participate in a grief support group from the comfort of your own home or office, by phone, tablet or computer.

(cont.)



WHAT GRIEF SUPPORT SERVICES ARE OFFERED TO BEREAVED INDIVIDUALS? *(cont. from previous page)*

Children and youth services tailored to the specific needs of children and young people are available in several locations throughout the state. A variety of educational and supportive techniques are employed to help children and adolescents cope with their loss including *Camp Good Grief*. Both individual and family support is offered.

Journey Though Grief newsletters are sent to Hospice of Michigan families following the death of a loved one. This is another way of assuring family members that they are not forgotten.

Hospice of Michigan speakers are available to provide educational outreach to community groups about issues related to death, coping with a loss and grieving.

Volunteers assist the grief support staff in providing individual companionship visits, co-facilitating support groups and reaching out with supportive phone calls.

“The memory of those who are gone echoes in the love they brought into our lives.”
 – Helen Keller



A nationally recognized leader in end-of-life care, Hospice of Michigan is the original—and largest—not-for-profit hospice provider in the state. Since 1978, we have remained committed to our not-for-profit mission to care for all those who need and seek our care regardless of age, diagnosis or financial circumstances.

As a member of the NorthStar Care Community, we collaborate with other not-for-profit providers, sharing a goal to continually provide unsurpassed care, guidance and quality of life for patients facing serious illness, which includes practicing the highest standards of hospice and palliative care. Collectively, we touch the lives of more than 9,800 patients and families each year.



888-247-5701

CALL US ANYTIME

24/7 Caregiver Support Center

www.hom.org



HOSPICE OF MICHIGAN OFFICES

Southeast Michigan

Ann Arbor*/Clinton Township/Dearborn/Southfield

West Michigan

Grand Rapids/Muskegon/Kalamazoo**

Northwest Michigan

Big Rapids***/Cadillac/Ludington

Northern Michigan

Alpena/Charlevoix/Gaylord/Traverse City

**Services provided by our affiliate, Arbor Hospice*

***Services provided by our affiliate, Centrica Care Navigators*

****A proud partner of Mecosta-Osceola United Way*

*Hospice of Michigan is a recognized
501c3 charitable organization.*