



## 2010 Grief Support

(903) 266-3400 x 127 or (800) 777-9860 Visit our website at [www.hospiceofeasttexas.org](http://www.hospiceofeasttexas.org)

All programs are offered free of charge, and led by a trained facilitator  
 Please call (903) 266-3400 ext. 127 or (800)777-9860  
**TO REGISTER** in advance of attendance.

### Ongoing Monthly Support

Location:	Date	Time
Chandler: 1 <sup>st</sup> Methodist Church, in the Parlor, 507 N Broad Street	4 <sup>th</sup> Wednesday	6:00-7:00 pm
Hawkins: 1 <sup>st</sup> Methodist Church, 220 E Blackburn	1 <sup>st</sup> Wednesday	3:00-4:00
Henderson: 1 <sup>st</sup> Methodist Church, 204 N Marshall, 3 <sup>rd</sup> floor by elevator	1 <sup>st</sup> Tuesday	10:00-11:00
Jacksonville: 217 E Commerce, Suite E	4 <sup>th</sup> Tuesday	5:30-6:30
Marshall: Tx State Technical College, Admin Bldg 2650 E End Blvd, S	1 <sup>st</sup> Thursday	2:00-3:00
Nacogdoches: 1132 NW Stallings Drive, Suite 104	1 <sup>st</sup> Thursday	5:00-6:00
Tyler: Andrews Center, 2323 W Front, Room 205	Last Monday	3:30-4:30
Tyler: Hospice of East Texas, Pat Oge' Center, 4111 University Blvd	3 <sup>rd</sup> Thursday 1 <sup>st</sup> Monday	3:00-4:30 5:30-6:30
Tyler: W.O.W. (Walking on Wednesdays), meet at Chic-Fila tables at mall	Every Wednesday	8:00-9:00 am
Tyler Care Giver Support * P.I.E. (Physician Speakers)	Mar 3 May 5 Sep 1	12:30-1:30

### Summer & Fall Grief Workshops (Registration accepted up to the 2<sup>nd</sup> session)

Henderson: 1 <sup>st</sup> Methodist Church, 204 N Marshall	April 6 to May 11	Tuesday	10:00-11:30
Palestine: Bethlehem Lutheran Church, 1515 S. Loop 256	April 6 to May 11	Tuesday	5:30-7:00
Hawkins: 1 <sup>st</sup> Methodist Church, 220 E Blackburn	April 15 to May 20	Thursday	4:00-5:30
Tyler: Pat Oge' Center at The Hospice of East Texas, 4111 University Blvd	May 3 to June 7	Monday	3:00-4:30
Center: 1 <sup>st</sup> Baptist Church, 117 Cora Street	May 4 to June 8	Tuesday	5:00-6:30
Carthage: Public Library, 522 West College	May 18 to Jun 22	Tuesday	1:30-3:00
Tyler: Pat Oge' Center at The Hospice of East Texas, 4111 University Blvd	July 5 to Aug. 9	Monday	5:30-6:30
Mineola: 1 <sup>st</sup> Methodist Church, 612 N. Newsome	July 22 to Aug 26	Thursday	3:00-4:30
Jacksonville: 217 E Commerce, Suite E	Sept 7 to Oct 12	Tuesday	5:30-7:00
Palestine: TBA	Sept 9 to Oct 14	Thursday	5:30-7:00
Tyler: Pat Oge' Center at The Hospice of East Texas, 4111 University Blvd	Sept. 13 – Oct. 18	Monday	5:30-6:30
Henderson: 1 <sup>st</sup> Methodist Church, 204 N Marshall	Oct 5 to Nov 9	Tuesday	10:00-11:30
Tyler: Pat Oge' Center at The Hospice of East Texas, 4111 University Blvd	Nov. 1 – Dec. 6	Monday	3:00-4:30

### SPECIAL EVENTS SCHEDULED FOR ADDITIONAL GRIEF SUPPORT

Location: Center for Living at The Hospice of East Texas, 4111 University Blvd.

May 5	Mother's Day Grief Support	5:30-6:30
June 16	Father's Day Grief Support	5:30-6:30
Nov 1	Holiday Grief Support Group	5:30-6:30
Nov 18	Holiday Grief Support Group	3:00-4:30
Dec 2	Holiday Remembrance Support Group	1:30 - 2:30
Dec 2	Holiday Remembrance Reception (come-n-go)	3:00 - 6:00
Dec 6	Holiday Grief Support Group	5:30 - 6:30
Dec 16	Holiday Grief Support Group	3:00 - 4:30

*In the event of an insufficient number of registrants, all offerings are subject to cancellation*





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**Grief Workshops** are small, confidential groups, led by a trained facilitator with focus on education about the normal grief process, and provide opportunities to provide shared coping strategies. They are scheduled in various locations within our service area, and can be requested in your community. There is no charge for participation; **registration is open up to the 2<sup>nd</sup> session.**

**Monthly Support Groups** are ongoing bereavement support groups, open to anyone coping with the loss of a loved one due to death. They provide a safe place to share experiences with others who are also working through grief. It is recommended that you attend a Grief Workshop prior to the support group if possible for the educational benefits. These groups meet at various times and locations within our service area; *Group times may be changed due to special events and Holidays.*

**Wings Program** offers grief education and support to help children and families. Limited individual support, facilitated group support, experiential activities, and peer groups create a climate of acceptance and validation for grieving children and families who are healing after loss. Contact the Bereavement Dept for requested needs and ongoing support scheduled throughout the year.

**Community Grief support** through educational in-services and presentations, one-to-one consult, counseling, support, resource, referral, mail, and telephone support is available on a limited basis. Written materials & resources are available in our bereavement lending library at the Center for Living. Please call for specific community requests.

**The above services are provided routinely to patients and families on service with The Hospice of East Texas.** For more information or to register, please call the Bereavement Department at (903) 266-3400 ext. 127 or (800)777-9860. In the event of an insufficient number of registrants, all offerings are subject to cancellation

**Grief is a universal, but unique experience;** it provides important insights and helps us see priorities and perspectives more clearly. Talking about experiences allows for strengthened relationships with others and self, and leads to recovery and growth toward wholeness. When you find yourself overwhelmed with emotion, your heart is likely working on one of the *Tasks of Mourning*, identified by William Worden. **Accepting the reality of your loss** ~ When someone we love dies, there is always the sense that it hasn't happened. **Experiencing the Pain of Grief** ~ Although we may want to hide from our feelings, it is necessary to acknowledge and work through the pain. **Adjusting to an environment in which your loved one is not present** ~ This involves coming to terms with what we have lost, and learning to make a new life without our loved one. **Reinvesting emotional energy** ~ Completion of this task doesn't mean that we forget our loved one. It simply means that we begin to focus our emotional energy in other people, friends, family, or in work or other outlets.

*We are available to support you as your heart works through these Tasks of Mourning*  
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