



choices to make the most of life™

- Grief Forum:** A series of educationally focused sessions offered in the summer.
- Handling the Holidays:** Educational and supportive sessions focused on ways to cope with the holidays.
- Movie & Chat:** Join other bereaved in viewing a movie with grief themes and then participate in an optional roundtable discussion. Offered regularly throughout the year.
- Presentations:** Bereavement Counselors are available to do presentations on issues related to grief & loss and death & dying.
- Dreams and After Death Experiences:** A **time-limited** group designed to explore and share encounters with loved ones in dreams and events post death. Offered periodically in Mishawaka.
- Pen & Paper Group:** A **time-limited** writing group that provides opportunities for the expression of thoughts and feelings through guided writings and group support. No writing experience needed. Offered periodically in Mishawaka.

The Center for Hospice Care Bereavement Department works with our patients' families as well as those in the community that have experienced the death of a loved one. There is no fee for our bereavement services, but future donations to Hospice Foundation are accepted.

Mishawaka 255-1064 • Elkhart 264-3321 • Plymouth 935-4511 • La Porte 219-575-7930



Bereavement Department Office Hours

Monday—Friday 8am to 5pm

1-800-467-7423

cfhcare.org

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SERVICES FOR CHILDREN AND TEENS

*Please call for dates, times & locations.
Services are free but registration is required.*

Individual and Family Counseling is available by calling the office nearest you.

Children's Grief Support Group: A once per week **time-limited** group providing education and emotional support to children, ages 6-12, dealing with the death of a loved one.

Teen Grief Support Group: This is an **ongoing** group for teens, ages 13 - 17 (18 if still in high school), that have experienced the death of someone significant in their lives. The group provides grief education and the opportunity for grieving teens to share with and be supported by their peers.

School Groups: **time-limited** grief support groups are offered at area schools. Please call for locations.

Camp Evergreen:

- A weekend grief camp in early summer for youth and teens ages 10 to 17 (18 if still in high school) that have experienced the death of a significant person in their lives.
- A Saturday workshop in the fall for parents/guardians and their children, ages 6-9, that have experienced the death of a significant person in their lives.

Presentations: Bereavement Counselors are available to do presentations on issues related to grief & loss and death & dying impacting children and teens.

SERVICES FOR ADULTS

*Please call for dates, times & locations.
Services are free but registration is required.*

Individual and Family Counseling is available by calling the office nearest you.

Living with Loss Group: A once per week, **time-limited** group providing education and support for individuals who have experienced the death of a significant person in their life. Offered periodically at each location.

Finding Resilience: An **ongoing** support group for individuals who have completed a Living with Loss group and are early in their grief journey.

Rebuilding Our Lives: An **ongoing** support group for those that are further along in their grief journey and are focused on building a new life.

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Yoga Grief Support: An **ongoing** grief group using gentle mat yoga to help you focus on and cope with your physical and emotional grief experience. Facilitated by Bereavement Counselor Annette Deguch RYT200 (Registered Yoga Teacher) and offered at our Mishawaka office. Open to current clients of the Bereavement Department.

Forget Me Not: An **ongoing** support group for parents who have experienced the death of a baby during pregnancy, childbirth, or infancy. Offered at our Mishawaka office.

Young Widows and Widowers: An educational and **ongoing** support group for widows/widowers age 55 and under who have recently experienced the death of their partner or spouse. Offered at our Mishawaka office.

Good Grief Gals: An **ongoing** support group for women whose partner/spouse has died.

Good Grief Guys: A monthly breakfast for men dealing with the death of a partner/spouse.

The Hero Within: An **ongoing** experiential grief group that explores how the human spirit is not defeated by suffering and even in the face of death can grow stronger with honesty, courage and love. Offered at our Plymouth office.

Loss After Addiction Group: An **ongoing** educational and grief support group for people who have experienced the death of a loved one to overdose and/or abuse of alcohol/drugs. Offered at our Mishawaka office.

Suicide Survivor's Support Group: An **ongoing** support group for anyone that has experienced the death of a significant person from suicide. Offered at our Plymouth office

Crafting Memories: A monthly group that supports healthy memory work through crafts. Completion of a Living with Loss group is required. Call to register each month. Offered at our Mishawaka office.

ADDITIONAL GRIEF SERVICES

*Please call for more information.
Services are free but registration is required.*

Memorial Service: A service of remembrance is offered once year.

After Images Art Counseling Program: Provides an opportunity for individuals to explore grief through the use of art, painting and drawing in an expressive counseling program. No art experience is needed. Offered at our Mishawaka office.

Daughters Remembering Retreat: An overnight retreat for women who are at least 6 months since the death of their mother. It provides a supportive grief experience with facilitated group sharing and time for individual reflection.

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