



ARBOR
HOSPICE

GRIEF JOURNEY
PROGRAM



Support. Outreach. Education.

Arbor Hospice 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 Arbor Hospice, as well as to the community at large.

Arbor Hospice 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.arborhospice.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?

Information on expected, normal behaviors and on available resources.

Allowing grief to be felt, by giving ourselves permission.

Good listeners – finding people who understand us and our pain.

Accepting support from 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 Arbor Hospice 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 provide emotional support to 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.

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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. Both individual and family support is offered.

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

Arbor Hospice 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 companioning visits, co-facilitating support groups and reaching out with supportive phone calls.



UNDER OUR CARE, THERE'S COMFORT

Since 1984, Arbor Hospice has been committed to providing quality compassionate care for those experiencing life-limiting illnesses. Arbor Hospice, a not-for-profit organization, is integrated into the community with the help of its experienced staff and caring volunteers through its certified hospice services, grief support services and community education programs. Arbor Hospice serves communities in Hillsdale, Ingham, Jackson, Lenawee, Livingston, Monroe and Washtenaw counties.

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.



888-992-CARE

CALL US ANYTIME

24/7 Caregiver Support Center

arborhospice.org

Home Office

2366 Oak Valley Dr., Ann Arbor, MI 48103

Find us on Facebook at

facebook.com/arborhospice.org



*Arbor Hospice is a recognized
501c3 charitable organization.*