



GRIEF SUPPORT

What type is the best fit?

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CEDAR VALLEY
HOSPICE®

“To do grief well, depends solely on individual experience. It means listening to your own reality. It means acknowledging pain and love and loss. It means allowing the truth of these things the space to exist...”

– Megan Devine

The fog of grief can be overwhelming. People often experience a wide range of emotions. While some of us are private grievers and process these emotions internally, others may seek solace in the form of a safe space where they can express their grief without judgement. There is no right or wrong way to grieve, but help is available, at **no cost** through Cedar Valley Hospice’s grief services – regardless of any affiliation with Cedar Valley Hospice.

Here are some tips to help you decide whether individual grief counseling or a grief support group may be right for you. For youth grief support, see more information on the back of this paper.

Individual Grief Counseling

- Services are free of charge and available to anyone in the community regardless of their Cedar Valley Hospice affiliation.
- Provides grief education, fosters the healing process and creates a safe environment to share the symptoms of grief.
- Sessions are focused on your needs and where you are at in your grief journey emotionally, physically, socially and spiritually.
- Visit plans/frequency is based on the counselor’s recommendation and your individual needs.
- Can begin prior to the death, after the death or even several years later. We all process grief on different timetables. Grief counseling is not time dependent.
- Offers support and differs from mental health counseling. If a grief counselor feels the needs of a client exceeds their scope of practice or the client may benefit from mental health counseling, we will work with the client on a referral to transfer services.

Grief Support Group

- Services are free of charge and available to anyone in the community regardless of their Cedar Valley Hospice affiliation.
- Provides grief education in a safe community of like peers to share common symptoms of grief and discuss the healing process.
- Sessions are focused on the needs of the group as a whole. A grief counselor facilitates the process.
- Fosters community and support. Group meetings help reduce feelings of isolation and increase connection with others.
- Offers curriculum based exercises and also other options that are more peer and support led. Structure-based groups have a specific plan or topic discussed at each session, whereas other groups can focus on the needs of the group that particular day. Conversation is grief specific – meaning other topics of conversation will be redirected to grief or the relationship you had with your loved one.

Grieving can be a lonely journey. Some find it helpful to pursue both individual grief support and group grief support, whereas others may find one more healing than the other. We all grieve differently. You do what feels right for you. Our Cedar Valley grief support counselors are available for support and consultation as you continue on your grief journey.

Call our support team at 800.626.2360 for more information.