



Ask to Come Home. Ask for Caldwell Hospice.



Community Loss and Grief

Everyone experiences loss when someone meaningful dies, and everyone needs to grieve that loss. Grief is a natural reaction to loss and a journey you must complete to discover healing. As you work through your grief, remember that your journey will be unique. You will grieve in your own special way and time.

Ashewood Grief and Counseling Services is available to our patients, their families, and to anyone in the community who experiences the loss of a loved one. Trained staff members assess each individual's needs, and together they develop a plan of support.

Ashewood Services

- Individual and/or family grief counseling
- Grief/loss literature
- *Learn at Lunch*, a lunchtime series that offers different grief-related topics
- *Healing Hearts*, support for parents who have experienced the loss of a child of any age
- *Love's Labor Lost*, individualized support following miscarriage, stillbirth, or infancy loss
- *Good Grief* lunches and dinners, a grief support network, providing food and fellowship
- *Good Mourning Children's Grief Camp* for children between the ages of six and 12 who have experienced a loss through death
- Other support groups and activities for anyone who has experienced a loss through death

Common Reactions to Loss

- Crying at unexpected times
- Disbelief that the loss actually occurred, numbness
- Loneliness
- Guilt or anger over what happened or didn't happen in the relationship with the deceased
- Feeling abandoned by the loved one
- Feeling as if you are losing your mind
- A need to talk about the deceased
- Restlessness and need for activity
- Difficulty concentrating, forgetfulness
- Lack of interest in activities
- Sensing the loved one's presence
- Changes in appetite, mood, or sleep patterns
- Fatigue or lack of energy
- Headaches, body aches, and pain
- Muscle weakness
- Spiritual emptiness
- Loss of meaning in life
- Difficulty returning to church
- Feeling abandoned or punished by God

Along life's journey, we will all fall. We will struggle. But we can rise again, to continue on life's journey, see what paths lie ahead, and pass hope on to others along the way.

Grief is more than painful experiences; by allowing us to gain perspective, recognize our values, and discover ways to cope, grief allows us to grow as individuals. As you travel through the valley of grief, know that you can — and will — survive one of the most important and difficult journeys of your life.

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