

Grief Support Group

Would you like support and help understanding your grief?
Join Family Hospice for a FREE 7-week support group on
your journey of mourning and grief.

Help For the Journey



Where: Adams County Public Library

128 South 3rd Street, Decatur, IN 46733

When: Tuesday's 5:00-7:00 p.m.

4/18 Grief & Mourning

4/25 Communication

5/02 Pain & Sadness

5/09 Caring for Yourself

5/16 Anger

5/23 Guilt & Resentment

5/31 Reconciliation



Children's Bereavement

Family Hospice invites all interested persons to attend a FREE program addressing ways to help children who are grieving. While this program will be helpful for parents and grandparents, it also will be beneficial for anyone who spends time caring for children.

Tuesday, April 12 from 10:00 to 11:30 am

Marion Public Library
600 S. Washington Street, Marion

Tuesday, April 19 from 5:00 to 6:30 pm

Adams County Public Library
128 S. 3rd Street, Decatur

*Presented by: Michelle Hipskind, MSW
Children's Bereavement Specialist*

Celebrating Mothers Mother's Day

A wonderful time of remembering and honoring mothers has been planned in two locations for those wishing to honor their mother's memory. Participants are encouraged to bring a scrapbook and pictures, other supplies will be provided.

Tuesday, May 10 from 5 to 7 pm

Marion Public Library
600 S. Washington Street, Marion

Tuesday, May 17 from 10 to 12 pm

Adams County Public Library
128 S. 3rd Street, Decatur

*Scrapbooking Presented by Angela Myers,
Bereavement Specialist*

You are invited to the
Spring



Monday, May 9, 2011
6:30 pm– 8:00 pm

Wells County Public Library
200 W. Washington St.,
Bluffton, IN

Questions? Call 1-800-355-2817

We welcome your presence at the Spring Memorial Service- a time to share memories and celebrate your loved one's life. Bring a photo, a letter... some memento to share your story. If you would like to honor your loved one simply with your attendance, please know you are welcome and encouraged to join us as well. We look forward to being with you again.



Looking out the window today, I noticed all the small branches and twigs lying on the ground. At the base of a big, old oak rested a large branch along with a long-vacant hornet's nest that I imagine also succumbed to the weight of this winter's ice. Many branches have been lost over the years and though the oak reluctantly continues to surrender its branches, it also continues to grow, providing shade and a home to various creatures. As spring arrives, new branches, new leaves, and new life will become more evident, bringing beauty and hope out of brokenness.

In the lives of families served by Family Hospice, this is true as well. A season of strain and brokenness has changed forever one's "family tree" but with time, patience, and support, hope can emerge. This sense of hope is not available at the push of any button, but rather comes like spring itself, through struggle and time.

We encourage you to be gentle with yourself as you grieve. Your grief is as unique as you are and there are no timelines to follow. Just as the actual seasons transition in their own time so, too, will you transition through grief.

Know that the celebration of spring this year may not automatically "brighten" your mood... but one day your mood will brighten again. While you never will forget the loss of your loved one, there will come a time when you feel like the worst is over, as if some healing has occurred and you are ready to move forward with your life. When that season comes, regardless the time of the year- "*spring*" will touch your life and you will live with greater hope.

-Chuck D. Vernon, Bereavement Coordinator



[***Guilt***]

Would have, could have, should have....?

Even though in our minds we know we can't undo the past, ***sometimes our inner-self will not let us off the hook.*** For many, the perceived deeds or omissions of the past keep returning. Over and over thoughts are— you should have... you shouldn't have... if only you had... Sometimes we know our fault is imagined. We can't seem to let it go. Sometimes the fault is real- we were wrong. If we only had a chance to do it over, we would want to do something different.

These uncomfortable feelings are known as GUILT.

Does it help to know guilt is common?

Does it help to know that in the majority of cases we couldn't or wouldn't really do anything different if we had another chance, particularly if we were operating with the same information?

Does it help for some of us to know that we are already forgiven by God or our higher power?

Our problem may be that we never really learned to forgive ourselves.

How then do we deal with the GUILT?

We first acknowledge its presence- to ourselves and then to another person.

“When Fred was dying, I was cranky and irritable and never really told him I loved him.”

“Something inside of me was saying I should have stayed at the hospital the night Heather died.

Be cause I was tired, I didn't listen to myself. She died alone and I'm so unhappy we never got to say goodbye.”

We may need to express our guilt in many ways, perhaps in writing or conversation, act it out, or identify a color, sound or picture to the guilt. An unexpressed guilt seems to be with us forever- a guilt identified and faced seems to lose all its power.

How do we deal with others?

There are many who want to tell us that we shouldn't be feeling the way we are feeling. While most of these comments are gratuitous, at some level, ***it may be helpful for some of us to hear that the rest of the world doesn't appear to judge us as harshly as we are judging ourselves.***

If you have questions regarding guilt and grief or simply would like to talk to someone, call Angie or Chuck, our Bereavement Professionals, at Family Hospice 800-355-2817.