

Grief Support Group

Would you like support and help understanding your grief?

Join Family Hospice & Palliative Care for a **FREE 7-week support group on your journey of mourning and grief.**



A group is now forming in Adams County

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	

FINANCES

Join us for a **FREE** program on family finances to support your needs when financial changes occur at the death of a loved one. Family Hospice is pleased to offer this program to families served by Family Hospice and the general public.

Thursday, March 3rd from 5:00 pm to 6:30 pm

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

Presented by Larry Isch, Retired Trust Officer

Thursday, March 10th from 10:00 am to 11:30 am

Marion Public Library
600 S. Washington Street, Marion

*Presented by: Cathy Codman and Iris Brunner
from VIA Credit Union*

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 am to 11:30 am

Marion Public Library
600 S. Washington Street, Marion

Presented by Michelle Hipskind, MSW

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

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

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



Journey of Hope

CHOOSE ONE OF THESE GRIEF PROGRAMS

WHERE: Hartford City Public Library
314 N. High Street
Hartford City, IN 47348

TIME: Tuesday's, 1:00-2:30 p.m.

March 1st – “Understanding Mourning”

Discuss the grieving process
Help participants understand their experience

March 8th – “Working through the Hard Parts”

Understanding & coping with difficult feelings
Societal barriers associated with grieving

March 15th – “Loss and Spirituality”

Discuss how grief impacts faith and values

March 22nd – “Remembering and Going On”

The importance of sharing your story
Beginning to envision life without our loved one
A time for remembering and sharing

WHERE: Jay County Public Library
315 N. Ship Street
Portland, IN 47371

TIME: Wednesday's, 10:00 – 11:30 a.m.

March 2nd – “Understanding Mourning”

Discuss the grieving process
Help participants understand their experience

March 9th – “Working through the Hard Parts”

Understanding & coping with difficult feelings
Societal barriers associated with grieving

March 16th – “Loss and Spirituality”

Discuss how grief impacts faith and values

March 23rd – “Remembering and Going On”

The importance of sharing your story
Beginning to envision life without our loved one
A time for remembering and sharing

*We will offer a group for children ages 3-12 at the same time as the adult program.
Our Children's Bereavement professionals will lead the children's activities.*

For more information, please contact Chuck or Angie at 1-800-355-2817.



[*Hidden Anger*]

Do you have it? What does one do with it?

Anger is a natural human emotion. We are all born with the capability of letting others know we are distressed. As infants, we showed our natural anger by getting red in the face and crying at the top of our lungs. Perhaps as undisciplined little people, we threw ourselves down on the ground and screamed and kicked when we didn't get what we wanted. Parents scolded or spanked us for doing this, so little by little we learned not to be violent or physically express our natural angry feelings.

Perhaps we learned we could use words instead- but for most of us, that was too strongly discouraged as an unacceptable means of expression. Then there are "under the breath" sarcastic remarks and vindictive thoughts which permit us to drain some of our "anger energy," yet that too, we were taught is not nice thinking.

As most of us matured and grew into "nice, polite, civil, socially acceptable people," we became quite adept at hiding & repressing our natural anger feelings- so much so that we were often able to convince ourselves we weren't really angry, when deep down, our insides were raging. Denial and self-deception were ways we learned to tell ourselves we're "OK," except that the "anger" feelings were still there, no matter how well we covered them up.

What do you do with your natural anger? Are you one of those many people who deny you have any negative feelings and just don't get angry? Look at the list below and circle the signs of hidden anger which apply to you. Be honest with yourself.

1. Procrastination in the completion of imposed tasks
2. Perpetual or habitual lateness
3. Sarcasm, cynicism or flippancy in conversation
4. Over-politeness, "grin and bear it" attitude
5. Frequent disturbing dreams
6. Over-controlled, monotone speaking voice
7. Difficulty sleeping through the night or getting to sleep
8. Emotions in the extreme
9. Physical complaints including, stomach ulcers, stiff neck, facial tics

Printed with permission of Alan Taplow- Bereavement Workbook 2009

Some ways to process safely natural anger:

Physical externalization- One could beat on pillows, throw a bowling ball, go to a driving range. Run. Anything physical which releases frustration.

Emotional externalization- Cry, yell or scream (perhaps in the car). Throw a tantrum in your bedroom.

Intellectual externalization- Write, keep a journal, compose a letter, or draw. Let it all hang out.

Spiritual externalization- Begin or maintain contact with God or your higher power. Meditate. Spend time listening to soothing music, allowing your mind to wander.

Circle of Hope March 2011



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Suggested Readings

Many helpful resources are available for those affected by grief.

Living with Grief: Who we are, how we grieve. By Kenneth J. Doka, Joyce Davidson, Hospice Foundation of America.

On Death and Dying. By Elisabeth Kubler-Ross.

The Courage to Grieve: The Classic Guide to Creative Living, Recovery, and Growth Through Grief. By Judy Tatelbaum