



# Hospice Highlights

## **Grief Support Group**

By Diana Wood

Grief is both devastating and necessary for the healing process.

After learning about the death of a loved one, you might be overwhelmed by feelings of shock, denial, pain, guilt, and anger. All of these emotions wash over you like waves in the ocean. One after another, after another, and just when you think you have them under control, they start all over again. There is no easy way to get through grief and you can't pick and choose your feelings. It is like they have a mind of their own. Shock and denial will overwhelm you before

you begin what is usually called the "grief work". And trust me.....it is work. None of the grief process comes easy.

Grief is highly complex, but an absolutely normal reaction to a death. It affects each person differently. As their relationship was unique with the person who died, so will the way in which they grieve. Grief is very personal and it can't be avoided by ignoring it. The grieving process must occur because there is no way around it. Grieving is nature's way of healing.

The Terrace Hospice Society is here to help you on your healing journey.

Starting on September 14<sup>th</sup> from 6:30 to 8:30 pm for 7 weeks, we are offering a free Grief Support Group which will help you learn coping skills, self-care and how to develop a healthy support network. And because this is a group activity you will find that you are not alone in your grief.

If you have grief issues caused by the loss of a loved one, no matter how long ago, and would like to be part of this Grief Support Group call Anika at THS to register 250-635-4811. This Group will be limited to 6 participants and a commitment to attend will be required.

We acknowledge the financial support of the Province of British Columbia and Northern Health.



**Terrace Hospice Society**

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