

Grief Support

Meeting Dates/Times

Hope Hospice offers ongoing grief support meetings as a safe place to share grief experiences or just to listen and learn from others. It is open to anyone in the community grieving the death of a family member or friend. Your loved one need not to have been in hospice care. Confidentiality required.

MEDFORD: 1st Tuesday of each Month

2-3 p.m.

At Country Gardens

635 W. Cedar St., Medford

3rd Monday of each Month

7-8 p.m.

The United Church of Christ

(back door)

510 E. Broadway, Medford

GILMAN: 3rd Tuesday of each Month

2-3 p.m.

At Gilman Village Hall

4th & Main Sts., Gilman

THORP: 2nd Tuesday of each Month

6:30-8 p.m.

At Oakbrook Manor

206 W. Prospect, Thorp

Have the courage to grieve, for healing comes from going through grief — not avoiding it. Furthermore, your own survival can be a tribute to your loved one. — Author Amy Hillyard Jensen

HOPE HOSPICE AND PALLIATIVE CARE, INC.

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Rib Lake, WI 54470
715-427-3532

Medford Office
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Medford, WI 54451
Memorial Health Center
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Entrance B
715-748-3434

Thorp: 715-669-7030
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Hope Hospice Grief Services



**A community service offered
by Hope Hospice and
Palliative Care, Inc.**

*Serving all of Taylor County
and surrounding areas*

Rib Lake: 715-427-3532

Medford: 715-748-3434

Thorp: 715-669-7030

Toll-Free: 1-877-375-0919

E-mail: hhospice@newnorth.net

Website: www.hhospice.com

Grief

“The act of living is different all through. Her absence is like the sky, spread all over everything.”

— C.S. Lewis, “A Grief Observed”

The death of a loved one is a profound human experience. We prepare for other important life events — births, marriages, graduations, our careers — but we often go into grief over the loss of a loved one or other significant loss unprepared for the intense emotional and physical reactions that may happen.

Death or other significant loss is like a wound that takes time to heal. Grieving that loss is a journey that is often frightening, painful and sometimes lonely. Society may not give you permission to mourn — expecting you to “get over it” or “get on with your life.”

To heal, it often helps to learn about and understand the grief process. You can participate in your healing by talking to others who know what you’re going through and by admitting the pain you encounter. By expressing your grief in a safe place — over time — you can heal and grow into a new life.

Support Groups

- ◆ Provide a safe place to express your thoughts and feelings, without fear of criticism, embarrassment or other judgments. All are welcome.
- ◆ Offer information on aspects of grief that many people may encounter.
- ◆ Dispel myths or misconceptions about how a person grieves.
- ◆ Provide an opportunity to express the uniqueness of your grief. No two people are exactly alike. As a result, your grief journey will not be the same as someone else’s.
- ◆ Help in evaluating your grief process. What is normal and what is not normal? Am I going crazy?
- ◆ Explore ways to remember your loved one as you move forward to learn to live a different life while physically separated from your loved one.

“The body of the person loved is no longer alive, but the memories will live on forever. That part of your whole being that loves him or her is embraced when you allow yourself the privilege of remembering.”

— Alan D. Wolfelt, Ph.D.,
author of “Understanding Grief”



Bereavement Services

In addition to the Support Groups, Hope Hospice and Palliative Care, Inc. offers ongoing Bereavement Care to families of its patients for 13 months following a death. Families choose the services they want, including:

- ◆ Anticipatory Grief information
- ◆ One-on-one Bereavement visits
- ◆ Mailings/Phone Contacts
- ◆ Chaplain Visits
- ◆ “Journeys” a monthly newsletter on Grief
- ◆ A Memorial Service to remember their loved one — twice a year
- ◆ Children/Teen Grief Information
- ◆ Professional Counseling