



HOSPICE of HUNTINGTON, INC.
*Serving counties in
 West Virginia and southern Ohio*

January – June 2012

Bereavement Department PROGRAMS & ACTIVITIES

Hospice of Huntington, Inc. provides grief support services for anyone in the community who has experienced the loss of a loved one, whether Hospice services were used or not.

FREE Sessions

Grief support group services are free and open to the public. Every session is professionally facilitated by Hospice Bereavement Counselors.

Confidentiality

Confidentiality is always maintained.

Who's Eligible?

Services are provided to anyone in Cabell, Lincoln, Mason, and Wayne counties in West Virginia, and southern Ohio, who has experienced a loss.

Contact Us

For more information, to inquire about support services or to be placed on our mailing list, please contact our office at:

Hospice of Huntington, Inc.
 1101 6th Avenue
 Huntington, WV 25701

Phone: (304) 529.4217
 Toll-free: 1 (800) 788.5480
 bereavement@hospiceofhuntington.org

www.HOSPICEofHUNTINGTON.org

Cabell County

Meetings are held at the Hospice of Huntington office | 1101 6th Avenue, Huntington, WV unless otherwise noted.

EDUCATIONAL SESSIONS AND CLASSES

Overcoming the Winter Blues

The cold winter months often limit outdoor activities. It can also add to your grief process. We'll share tips on the best ways to cope with loss during the winter months, so that you can enjoy brighter days.

Friday, January 13 | 2 pm

What Do I Say?

Sometimes we are at a loss for the right words when interacting with someone who has lost a loved one. For fear of saying the wrong thing, we may say very little or nothing at all to remind them of their loved one. We'll explore a variety of ways to have meaningful conversation with someone coping with loss and grief.

Monday, January 23 | 3 pm

When Tears Don't Come: Coping with Anger and Grief

Losing a loved one can sometimes bring about feelings of anger, as well as sadness. During this meeting, we'll share ways to help you manage your grief, when anger is the strongest emotion that you feel.

Friday, February 3 | 2 pm

Introduction to Grief: For the Newly Bereaved

Attend one of these meetings to discuss the grief process and variety of reactions that individuals may experience. A video presentation, overview of grief responses, and explanation of grief support services provided by Hospice of Huntington are included.

Wednesday, February 15 | 1 pm

Tuesday, April 24 | 5:30 pm

The Grief Journey: A Six-Week Class

There are many stages of grief, and it is unique for everyone. We'll help you understand various phases and aspects of grief, as well as ways of coping with life changes following the death of a loved one.

Wednesdays, February 22, 29, and March 7, 14, 21, 28 | 1 pm

Tuesdays, May 1, 8, 15, 22, 29 and June 5 | 5:30 pm

RESERVATIONS ARE REQUIRED for all hospice bereavement program meetings.



Our Mission

Hospice of Huntington provides compassionate physical, emotional and spiritual care for those with a life-limiting illness, and continued support for their families.

COLOR-CODING

For ease in locating events in your area, this brochure has been color-coded by location as follows:

CABELL COUNTY

LINCOLN COUNTY

WAYNE COUNTY

LAWRENCE COUNTY, OH

CANCELLATION POLICY:

Dates, times and events are subject to change. Due to limited seating, advance reservations are required. Sessions will be cancelled if no reservations are received.

Children and Grief

Adults may not always understand the unique aspects of how children grieve. We'll teach you about ways to help children cope with a loss and manage the various phases of grief.

Monday, April 2 | 5:30 pm

Reading Your Way Through Grief

Join our first book club discussion on grief literature and how bibliotherapy can help you with grief. The featured book is *The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith* by John W. James and Russell Friedman. Please bring your own copy.

Friday, May 4 | 10:30 am

Men and Grief: Let's Fish Our Way through This

During this outing, you will learn about the unique issues that men face when grieving the death of a loved one. The group will also enjoy fishing. Bring your own fishing pole or request one in advance.

Beech Fork Lake (directions provided upon reservation)

Friday, June 22 | 8:30 am

Computers 101: Getting to Know Facebook

Learn how social media networks like Facebook can help you stay in touch with friends and family. We'll teach the basics of developing a personal profile, sending friend requests, posting information, and sharing photos. An active e-mail account is required to attend this class. Limited to 10 people.

Monday, February 27 | 3 pm

Friday, May 18 | 10 am

Cooking for One

Mealtime can be special again, even if you're the only one at the table. Learn about planning and preparing meals for yourself, as well as how to turn leftovers into creative dishes.

Tuesday, March 6 | 6 pm

CONTINUING EDUCATION OPPORTUNITIES

End-of-Life Ethics *Hospice Foundation of America's 2012 Spring Program*

Attend this three-hour seminar that examines the ethical issues and dilemmas faced at the end-of-life. Continuing Education Units are offered for multiple disciplines.

Thursday, April 19 | 1 pm

Beyond Kubler-Ross: New Perspectives on Death, Dying & Grief

Presented by the Hospice Foundation of America

This three-hour educational seminar explores the recent theoretical perspectives on death, dying, and grief and emphasizes areas where understandings have been challenged and developed since the 1969 publication of Kubler-Ross' book, *On Death and Dying*. Continuing Education Units are offered for multiple disciplines.

Wednesday, May 16 | 1 pm

Lawrence County, Ohio

Meeting will be held at First Baptist Church | 627 County Road 411, Proctorville, OH

EDUCATIONAL SESSION

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Monday, February 20 | 1 pm

Lincoln County

Meeting will be held at Lincoln Primary Care Center | West Hamlin, WV

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Thursday, March 8 | 12:30 pm

Wayne County

Meeting will be held at Wayne Public Library | 325 Keyser Street, Wayne, WV

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Tuesday, March 20 | 10:30 am

We'll come to you...

Hospice of Huntington's Bereavement Department is available to come to your agency or organization and offer a presentation on a majority of the listed topics on this calendar and others such as sudden and unexpected loss, as well as suicide and homicide, dating after the death of a partner, coping with the loss of a pet, coping with the death of a spouse, coping with the death of a child, coping with the death of a parent and more.

Our trained counselors are also available to facilitate a four week grief support class, "The Grief Journey," for those facilities who have bereaved individuals that could benefit from an educational support group experience. Please contact Hospice of Huntington's Bereavement Department at (304) 529-4217 for more information.



Support for Bereaved

To schedule a private appointment with a Hospice of Huntington Bereavement Counselor, call our office at: (304) 529.4217 or call toll-free 1 (800) 788.5480



**Bereavement
programs provide
grief education
and support.**

did you know?

- Grief may affect us physically; we may experience sleep problems, tightness in the throat, headaches, or loss of appetite.
- We may notice that grief affects how we think in that we have difficulty concentrating or making decisions.
- We may feel forgetful or preoccupied with thoughts of our loved one.
- We may notice we are behaving differently – avoiding people we love, losing motivation for activities we enjoy, or feeling restless.
- In addition, we may wrestle with spiritual issues.



Camp Good Grief: A Bereavement Camp for Children

Our annual bereavement camp provides an opportunity for children to interact in a safe and accepting environment and share experiences with other children who have experienced the loss of a loved one. Children ages 8 to 16 years old may attend. There is no cost to attend. Space is limited. Advance registration is required. You can call our Bereavement Department for an application or download it at hospiceofhuntington.org.

Asbury Woods Retreat Camp and Retreat Center
Salt Rock, WV
Saturday & Sunday, April 28 & 29



Remembrance Service

Invitations will be mailed to families for this annual memorial service honoring the memory of loved ones, patients who received care from Hospice of Huntington. The service will include a candle lighting ceremony, music and words of support provided by Hospice of Huntington staff followed by a reception with light refreshments.

RESERVATION REQUIRED

The service will be held at Seventh Avenue Baptist Church, 240 7th Avenue, Huntington, WV
Saturday, March 31 at 2 pm

