

Bon Secours Hospice Bereavement Services

Spring 2023

Our team has been holding you in our hearts as you navigate the death of your loved one. You are invited to the online programs below to connect with others navigating life after loss. Register in advance by emailing or calling us using the contact info below.

Grief Workshops are facilitated by a staff counselor about a specific topic including a small group discussion. These will be held on Zoom for adults whose loved one died within the last 18 months.

What's Normal in Grief?

Tuesday, February 21 (4 - 5:30 pm) or Saturday, March 25 (10 - 11:30 am)

Learn about common grief reactions, helpful coping strategies, and ways to navigate life after loss

Rediscovering Care of Self After Loss

Thursday, March 16 (6:30 - 8 pm)

Discuss ways to nurture your mind, body, and soul after caregiving

Sibling Loss

Thursday, April 20 (6:30 - 8 pm)

Explore the unique challenges of processing the death of an adult sibling

Mother's Day Tea

Tuesday, May 9 (4 - 5 pm)

This can be a painful day for those grieving their mothers, so join us for ways to cope and honor your mother

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Adult Grief Support Groups are led by counselors who facilitate discussion about common experiences and emotions after a loss, along with healthy ways to grieve and move forward. These will be held on Zoom for adults whose loved one died within the last 3-18 months.

Spouse Loss Group (on Zoom) - Contact Sarah

Wednesdays (10 - 11:30 am) March 1 - 29

General Loss Group (on Zoom) - Contact Kristen

Tuesdays (4 - 5:30 pm) April 4 - May 2

Spouse Loss Lunch Bunch (in person)

Monthly informal gathering — Contact us for details

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Service of Remembrance will be a gathering of hospice families and staff including special music with an encouraging message. There will also be a time of remembrance to honor loved ones who have died, plus optional sharing in small discussion groups. Attend in person or on zoom. Register by April 26.

Service of Remembrance (in person & on zoom)

Sunday, April 30 at 3 pm

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Counseling Appointments by telephone or Zoom can be scheduled for hospice family members including children, teens, adults, and families. Referral information is also available.