

## Amador Bereavement Group

Tuesdays at 10:00am  
Hospice of Amador & Calaveras  
1500 S. Hwy 49, Suite 105  
Jackson



## Calaveras Bereavement Group

Thursdays at 3:00pm  
San Andreas Central Library  
891 Mountain Ranch Rd  
San Andreas



Bereavement services are available  
to everyone in the community,  
and there is no fee.  
To access more grief support information call

**209.223.5500**

or go to  
[www.hospiceofamador.org](http://www.hospiceofamador.org)  
and click on grief services.



# Bereavement Support Group

*Coping with the death of someone close to you can be one of the most difficult experiences of your life.*

*You do not need to deal with it alone.*

*Group support is a gift you can give yourself.*



A support program of  
**Hospice**  
of Amador & Calaveras



*Overcoming grief is hard work, and the more we understand the reasons behind certain changes, the easier it becomes to adjust. Now, rather than later, is the time to seek greater understanding.*

*In a bereavement support group, we learn about the symptoms of grief. The unknown tends to generate fear and anxiety, but learning all we can about grief normalizes our experience, and reduces fear and anxiety.*

Grief Group Facilitator

#### **How can a grief support group help me?**

Grief groups provide a safe place for you to share your feelings, in confidence, and to talk about ways to cope with others who have had a similar experience.

**“I’ve never gone to a support group. I think I’d be more comfortable talking about my sadness, one on one, with a friend or relative.”**

Talking with a trusted friend or relative is a good thing, but as personal as each loss is, in a group environment you will immediately recognize that you have many things in common with the other participants.

**“I am an open wound. At times, I’m reluctant to expose my feelings.”**

**“I’m afraid I won’t cry and others won’t appreciate the depth of my loss.”**

Grief groups provide a safe place for you to share your feelings, in confidence, and to talk about ways to cope with others who have had a similar experience.

**“I feel like I’m losing my mind. I have such guilt because of the things I did and didn’t do.”**

**“I’m so lonely. I’m so depressed. Sometimes I just panic.”**

Hearing others say, “So do I” will reassure you that what you are feeling is “normal” and that you are not alone.

**“I have too much pain - I don’t think I can bear the pain of others. I haven’t touched the bottom of despair, and I can’t go any farther.”**

You do go farther. Grief shared is grief diminished. Like the others in the group, because you are experiencing grief, you are better able to understand the heartache of others. As you lift a hand to help another, you also lift yourself.

## Here’s what some former participants have to say...

*“Attending the bereavement group following my husband’s death has been like finding a very special friend. I can share my deepest feelings and emotions with the group in confidence and trust. Nothing is repeated outside of our group. Sharing each other’s problems and difficulties in adjusting to the loss of a loved one forms a deep bond within the group. Losing my husband of 55 years forced me to create a different and new lifestyle. With my faith, family and Hospice, I have been able to make this change.”*

*“For me the bereavement group proved to be a haven - a safe place where I was welcomed, accepted, understood, and comforted. It was the place where I came to accept my grief and move forward. I’ll always be grateful to those who saw me through the worst of times.”*

*“I have found a new family here. The support group members understand me and share their losses. We are safe and OK here. I feel warmth, understanding and comfort in my time of loss.”*

When you need us...  
**we’ll be here.**

