

# **Bereavement Services**

## **Overview**

Welcome! We all know what grief is, but sometimes it is hard to cope with—especially if you live alone. We are here to help. If you lost a loved one on hospice care, for about a year, you will receive info mailings and check-in phone calls. You may also borrow materials from our library of resources. Anyone in wider community is also welcome to contact us for support. There is no charge for our services.

## **3 Truths about grief**

Some of the most common questions in acute grief are “How long will this last?” “Am I going crazy?” and “Is it supposed to hurt this much?” From working with thousands of grieving people, we have learned these three truths about grief:

- Grief lasts longer than most people think it will.
- Grief hurts worse than most people expect.
- You are not crazy. Grief is the natural, normal, human response to loss.

## **Grief counseling vs therapy**

We offer supportive grief counseling at no charge—call for an appointment (212-4400). This is different than traditional therapy (properly called psychotherapy), which is a practice to assess, diagnose and treat a mental health disorder. Grief is not a disorder. Our staff are highly skilled at listening to and addressing the specific needs of people in grief. Before or after the death of a loved one, anyone is welcome to request individual grief counseling. We can meet you at our office, your home, or your favorite coffee shop.

## **What about support groups?**

Throughout the year, we host adult grief support groups, each lasting about 8 weeks. Facilitated by a grief counselor, these groups maintain a safe and confidential atmosphere to promote learning and sharing with others whom have experienced a loss. Each group has a specific beginning and end date, meaning group members will remain together and have the opportunity to bond throughout the process.

There are a number of other grief support groups around Anchorage. For more information, call us at, 212-4400.

## **What about children?**

Parenting a grieving child is hard work—especially if you are also grieving. We have many age-specific resources we can provide to help support the grieving kiddos and/or teenagers in your home. Family meetings with a grief counselor are also available. Call for more info, 212-4400.

## **Special Events**

Throughout the year, we host and participate in a number of community-wide bereavement events, such as remembrance services and a Navigating the Holidays workshop. Invitations to these events will be mailed to your home.