

## Grieving is a natural and necessary process

The journey to acceptance, adjustment, and re-entry into a positive, fulfilling life is natural and necessary, too. The time after the death of a loved one or other life transition can be filled with unexpected obstacles. Not only does Delaware Hospice provide expert grief counseling and support to families under our care, we offer resources to the wider community too. Through individual counseling sessions, workplace programs, and children's programs, help with healing is available wherever you are.

## We're here to help

Grief support programs have helped countless people find comfort on their journey. Our counselors are here for you along the way.

Get help with your healing today.  
Call **800.838.9800** or send a referral.

Serving the entire state of Delaware as well as Pennsylvania's southern Chester and Delaware counties.

### New Castle County

630 Churchmans Road, Suite 200  
Newark, DE 19702  
302-478-5707

### Kent County

555 E. Lookerman Street, Suite 200  
Dover, DE 19901  
302-678-4444

### Sussex County

Delaware Hospice Center  
100 Patriots Way  
Milford, DE 19963  
302-856-7717

### Pennsylvania

1786 Wilmington-West Chester Pike  
Suite 200A, Glen Mills, PA 19342  
484-259-0017

**DELAWARE™  
HOSPICE**  
*Since 1982*

800-838-9800 | [delawarehospice.org](http://delawarehospice.org)

Delaware Hospice is accredited by the Joint Commission and provides care throughout Delaware and southern Chester and Delaware Counties in Pennsylvania. It is state licensed, Medicare/Medicaid certified.

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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-838-9800。

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-838-9800.

TTY: 711  
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**Grief Support**  
Help with Healing



# Help Moving Through Grief

Grief has no timetable. Although there are similarities among grief journeys, everyone is different. At times you may feel you are all alone, navigating challenging experiences, thoughts and feelings. It may seem as though nothing is the same as it was or you expected it to be. Your usual support system may be grieving with you, but not necessarily in the same way. Bereavement support offers a path to healing.

## **The death of a loved one is a life-changing event**

When the chapter of caring for a loved one has come to an end, a new one begins. It may be hard to imagine a world where you feel ok — much less happy — again. A grief counselor can speak with you in confidence about your feelings. When you're ready, we'll offer options for services that support your needs.

## **What to Expect**

At times, you may experience difficulties sleeping, eating, or participating in activities that you would normally enjoy. You might encounter uncomfortable feelings such as anxiety, guilt, and confusion. Delaware Hospice's Bereavement Support helps families to whom we provided end-of-life care move through the grief process—even before their loved one dies.

Bereavement Support offers the opportunity to understand what you are going through and how you are responding to grief. Talking about your experience with a counselor trained in supporting you through your grief as well as others in a similar situation can be more helpful than you might assume.

## **Visit [delawarehospice.org](https://delawarehospice.org)**

For more information, resources and our calendar of community programs and support groups.

## **How can we support you?**

When you're ready to seek help coping with grief, Delaware Hospice offers support and resources in various ways, including:

### **INDIVIDUAL COUNSELING**

One-on-one counseling is available in our Delaware Hospice offices.

### **SUPPORT GROUPS & PROGRAMS**

Support groups, workshops, luncheons, dinners, lectures, and retreats meet throughout Delaware. View our online calendar to find a program in your area.

### **MEMORIAL & RITUAL SERVICES**

Annual memorial services are offered to the loved ones of those who died in our service.

### **WORKPLACE PROGRAMS**

Expert grief counselors are available to help employees cope with a loss at work.

## **Children and teens need to express their feelings too**

Children don't handle loss the same way adults do and that's why we've designed our New Hope program just for them.

New Hope counselors provide grief education and support to children ages 6-17 and their families through workshops, support groups, and individual discussions, as well as a summer camp.