



# HOSPICE

## SOUTHEASTERN CONNECTICUT

### BEREAVEMENT SERVICES

Hospice Southeastern Connecticut's Bereavement Program believes that grief following the death of a family member or significant other is a normal, adaptive, and necessary process. Becoming familiar with the natural grief process may make the experience less overwhelming for everyone involved.

Because grief can be so painful we often choose to go around it rather than through it. Many people worry whether they are grieving in the "right" way and wonder if the feelings they have are normal.

It is important to have people who will listen and support you and it is important that you allow them to do this. If you are concerned about your or someone else's grief reactions, or just want someone to talk to about your grief experience, call the **Bereavement Office at Hospice Southeastern Connecticut, 860-848-5699.**

#### Bereavement Services Include:

- Home visits with a Hospice Bereavement Team Member \*
- Office visits with a Hospice Bereavement Team Member
- Bereavement Volunteers (when available) for up to thirteen months to provide grief support to caregiver and/or family members \*
- Bereavement Support Groups for adults on a variety of topics
- Expressive Arts Workshops for children (5-11) and teens (12-18)
- Widow/Widowers Support Group - Stepping Stones.
- Referrals for on-going grief counseling
- On site consultations with businesses and workplaces who have experienced a loss
- Counseling in schools before or after the death of a student, teacher or family member
- Bereavement Lecture Series

\* These services are only available for our Hospice Family Members

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**860.848.5699 • [www.hospicesect.org](http://www.hospicesect.org)**

Affiliate of The William W. Backus and Lawrence and Memorial Hospitals

