

Grief Counseling Center

Community Programs & Services for Coping with Loss

October - December 2009

A Non-Profit Community-Based Organization



Hosparus Grief Counseling Center offers the area's most comprehensive programs and services for children, adolescents, adults and families who are grieving the death of someone in their lives. Services include individual, group and family counseling, as well as education, support and special events designed to support people through their grief journeys. Whether grieving an expected death from illness or a sudden and tragic death experience, Hosparus Grief Counseling Center services help people to understand their grief experiences and provide them with practical and helpful tools for coping.

FAMILY & CHILDREN PROGRAMS

Hosparus Grief Counseling Center and Gilda's Club

invite you to a very special afternoon...

Light a candle for all
children who have died

Worldwide Candle Lighting®

*... that their light
may always shine.*



Sunday, December 13

First Unitarian Church, 809 S. Fourth St.

(corner of 4th and York; parking is adjacent to the church)

4:00 – 6:00 p.m. — The public is invited to make luminaries in memory of children (of any age) who are deceased as a way of celebrating the light they have brought to our lives. Participants are also invited to bring pictures and other mementos of their child, which will be placed with the luminaries in an area of quiet remembrance and reflection.

6:30 – 7:30 p.m. — The public is invited to a Candle Lighting Memorial coinciding with similar celebrations in every time zone across the globe.

Families unable to attend may call in to arrange a luminary to be made in celebration of their child. Their children's names will be read throughout the afternoon and again in the Candle Lighting Ceremony. Luminaries will be mailed to these families following the evening program.

For more information contact

*Hosparus Grief Counseling Center at 502-456-5451
or 888-345-8197 or Gilda's Club at 502-583-0075.*

Little's Group

**For ages 3-5 and their parents/caregivers
Mondays, November 2, 9, 16 and 23**

3:30 – 5:30 p.m.

Location: Hosparus-Louisville

Little's Group is an educational and experiential playgroup for preschoolers, age 3-5, that teaches coping skills to help preschoolers better navigate this important life event. During the playgroup a parent/guardian is required to attend a support and educational group to help with parenting strategies and their own coping. Provided free to Hosparus families for 13 months following a loved one's death; the cost is \$65 for others.

Pre-registration is required and includes a conversation with a Counselor to assure our programs will meet your needs. Register no later than October 16.

Grief Connection

For individuals and families

**Meets on the 2nd & 4th Thursday of each month
(The Grief Connection will not meet Nov. 26 or Dec. 24)**

6:30 – 8:00 p.m.

Dinner (optional) is served at 6:00 p.m.

*Location: Gilda's Club Louisville
633 Baxter Ave., Louisville KY 40204*

Grief Connection is a peer-based support program for persons who are living with loss due to death. For youth (preschool-12th grade); young adults (ages 18-25); bereaved parents (*grieving the loss of a minor child*); and grieving adults. This program combines grief education, peer discussion and social networking to assist individuals and families in navigating this serious and important journey. The Grief Connection is a collaborative effort between Gilda's Club Louisville and Hosparus, and there is no charge.

Pre-registration and orientation to the program is required prior to beginning this group.

HOLIDAY PROGRAMS

Hope for the Holidays

Program for adults coping with death-related losses during the holidays.

6:00 – 7:30 p.m.

(Light refreshments will be served.)

LOCATION: *Hosparus-Louisville*

Tuesday, November 17

Holiday Grief: Why Is It So Difficult?

Tuesday, November 24

Dealing with Others' Expectations and Our Limitations

Tuesday, December 1

The Importance of Ritual and Memory in Coping

Tuesday, December 15

Taking Care of Ourselves in the Midst of Holiday Stress

Tuesday, December 22

A New Holiday to Celebrate Hope

Tuesday, December 29

Hope for the New Year and Beyond

Reservations are required.

Family Holiday Workshop: Creating a Memorial Ornament

For individuals and families

Tuesday, December 8

4:30 – 6:00 p.m. and repeated 6:00 – 7:30 p.m.

Offered at two locations:

Hosparus-Louisville and Hosparus-Southern Indiana

Cost: \$3 materials fee per ornament is requested.
You are encouraged to bring your own miniatures.

Reservations are required.

25th Annual Seminar and Remembrance Service

"A Light of Hope"

For individuals and families

Special children's program (for ages 5-12)

Sunday, November 22

2:00 – 4:00 p.m.

Ratterman Funeral Home Chapel, 3800 Bardstown Road
(Light refreshments will be served.)

Sponsored by

Ratterman & Sons Funeral Home

Reservations are requested. Call Vicki 502-459-3800.

Hosparus Memorial Services – Remembering and Honoring Those We've Lost

Hosparus – Hospice of Louisville hosts:

Sunday, November 8

2:30 p.m.

Harvey Browne Memorial Presbyterian Church
311 Browns Lane, Louisville, Ky.

Hosparus Grief Counseling Center is hosting a memorial service in honor of all Hospice of Louisville patients we have been privileged to know in the recent past. Those who have died between October 2008 and September 2009 will be listed in the service program. This ecumenical service combines the talents of volunteers and staff to provide inspirational and comforting music, words and fellowship. A reception follows the service and offers a time for staff and volunteers to visit with Hosparus families and loved ones. **Reservations are requested.**

.....

Hosparus – Hospice of Southern Indiana hosts:

"Holiday Hearts"

Sunday, November 22

7:00 p.m.

Clark Memorial Hospital
Main Lobby, 1220 Missouri Ave., Jeffersonville, Ind.

Hosparus – Hospice of Southern Indiana invites family and friends to remember a special person that they have lost by placing an ornament on a holiday tree during this remembrance service. **Reservations are requested.**

.....

Hosparus – Hospice of Central Kentucky hosts:

"Holiday Remembrance"

Sunday, November 22

2:00 p.m. (EST)

Campbellsville Christian Church
302 Lebanon Ave., Campbellsville

Sunday, December 6

2:00 p.m. (EST)

First Presbyterian Church
1016 Pear Orchard Rd., Elizabethtown

Tuesday, December 8

6:00 p.m. (CST)

Potter's Hope Church
135 Commerce Dr., Leitchfield

Hosparus – Hospice of Central Kentucky invites family and friends to remember a special person that they have lost by placing an ornament on a holiday tree during this remembrance service. **Reservations are requested.**

Hosparus Grief Counseling Center recipient of art piece created by LAFTA

The Hosparus Grief Counseling Center was chosen this year as the recipient of a collaborative piece of art created by LAFTA (Louisville Area Fiber and Textile Artists). This piece, called "The Journey," is a series of images representing various aspects of the grief process. We hope you will take this opportunity to come by and meet the artists who have shared their time and talents. There will be a reception and dedication:

Friday evening, October 9th 5:00 - 8:00 p.m.

Hosparus Grief Counseling Center, 3526 Ephraim McDowell Dr., Louisville

ADULT PROGRAMS

Pre-registration is required and includes a conversation with a Counselor to assure our programs will meet your needs.

Beginning the Grief Journey

Wednesdays, November 4, 11 and 18

1:00 – 2:30 p.m.

LOCATION: *Hosparus-Louisville*

Wednesdays, October 28,

November 4 and 11

3:00 – 4:30 p.m.

LOCATION: *Hosparus-Shelbyville*

Beginning the Grief Journey is a 3-week educational and sharing program to help build coping skills for persons in their first three months following a loved one's death. Topics include: maintaining balance and stability while grieving, how and why grief affects people differently, and what the "grief journey" is like. **Provided free to Hosparus families for 13 months following a loved one's death; the cost is \$30 for others.**

Living Through Grief

Wednesdays, October 14 - November 11

6:00 – 7:30 p.m.

LOCATION: *Hosparus-Louisville*

Living Through Grief is a 6-week educational program that provides an opportunity to assist persons in coping with their

grief. Some topics will include adapting to changes, getting through special days and managing grief symptoms. **Provided free to Hosparus families for 13 months following a loved one's death; the cost is \$50 for others. Register no later than October 12.**

Grief Journeys

1st & 3rd Thursdays of each month

October 1, 15; November 5, 19;

and December 3, 17

(An on-going program that you can attend at any time.)

6:00 – 7:30 p.m.

LOCATION: *Hosparus-Louisville*

Grief Journeys is a 12-week program which provides grieving people with information about the grief journey and gives them an opportunity to share their experiences with others going through a similar experience. Topics include the grief process, responses to grief and coping with loss. **Provided free to Hosparus families for 13 months following a loved one's death; the cost is \$10 per session for others.**

Calming Practices

2nd Monday of each month

October 12, November 9 & December 14

Noon – 1:00 p.m.

LOCATION: *Hosparus-Louisville*

Grieving can take a heavy toll on your overall well-being and learning ways to manage the stress of grieving can add healing to the journey. "Calming Practices" is designed for adults who are grieving a death or the anticipation of a death. It is a soothing hour of mediation, breathing exercises and other calming or relaxing methods, providing you with a unique opportunity to learn new ways to deal with the stress of grief. **Provided free to Hosparus families for 13 months following a loved one's death; the cost is \$10 per session for others.**

LOSS SUPPORT GROUPS FOR ADULTS – Ongoing support groups offer a unique opportunity to meet and talk with others who've experienced loss, and to share strategies for coping. **No pre-registration required.**

CAMPBELLSVILLE

Adults

6:00 – 7:30 p.m.

2nd Monday each month

Hosparus-Campbellsville

Green River Plaza, Ste 5

295 Campbellsville Bypass

ELIZABETHTOWN

Adults

6:00 – 7:30 p.m.

3rd Monday each month

Hosparus-Central Kentucky

Adults

6:00 – 7:30 p.m.

1st Monday each month

Hosparus-Central Kentucky

LEITCHFIELD

Adults

5:00 – 6:00 p.m. 6:00 – 7:30 p.m.

2nd & 4th Tuesday each month

Potters Hope Ministries

135 Commerce Dr.

LOUISVILLE

Adults

6:00 – 7:30 p.m.

4th Monday each month

Hosparus-Louisville

Spouses & Partners

1:00 – 2:30 p.m.

3rd Wednesday each month

Hosparus-Louisville

Sons & Daughters

6:00 – 7:30 p.m.

2nd & 4th Tuesday each month

Hosparus-Louisville

Parents

5:00 – 6:30 p.m.

2nd & 4th Monday each month

Hosparus-Louisville

OKOLONA

Adults

6:00 – 7:30 p.m.

2nd Monday each month

Okolona Library

7709 Preston Hwy.

SHIVELY

Adults

1:00 – 2:30 p.m.

3rd Tuesday each month

Shively City Hall

3920 Dixie Hwy.

SHELBYVILLE

Adults

6:00 – 7:30 p.m.

1st Monday each month

Hosparus-Shelbyville

SHEPHERDSVILLE

Adults

1:00 – 2:30 p.m.

3rd Friday each month

Ridgway Memorial Library

127 N. Walnut St.

SPRINGFIELD

Adults

6:00 – 7:30 p.m.

4th Monday each month

River of Life Church

1255 Highway 55

SOUTHERN INDIANA

Spouses & Partners

6:00 – 7:30 p.m.

3rd Monday each month

Hosparus-New Albany

Widow's Support Group (for Women)

4:00 – 5:30 p.m.

4th Tuesday each month

Hosparus-New Albany

Sons & Daughters

4:00 – 5:30 p.m.

3rd Tuesday each month

Hosparus-New Albany

Adults

4:30 – 6:00 p.m.

2nd Tuesday each month

Hosparus-New Albany

Adults

Hope & Healing

6:00 – 7:30 p.m.

1st Tuesday each month

Harrison County Hospital

Capitol Room 2

1141 Hospital Drive NW

Corydon, Ind.



GRIEF COUNSELING CENTER

3532 Ephraim McDowell Dr
Louisville KY 40205-3224

540 Main St.
Shelbyville, KY 40065-1120

105 Diecks Dr.
Elizabethtown, KY 42701-2444

612 E. Spring St.
New Albany, IN 47150-2914

Nonprofit Org.
U.S. Postage
Paid
Louisville, KY
Permit # 1530

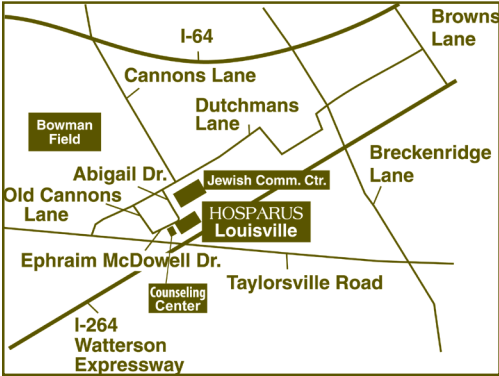
Return Service Requested



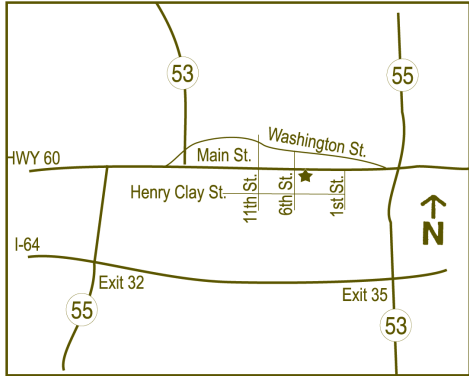
GRIEF COUNSELING CENTER

502-456-5451 OR 888-345-8197
www.hosparus.org

Hosparus Grief Counseling Center is a program of Hosparus Inc. Hosparus Inc. is a fully accredited non-profit organization of healthcare professionals and volunteers that has provided care, comfort and counseling for people facing life-limiting illnesses in Kentucky and Southern Indiana for more than 30 years. Last year, we cared for more than 4,700 patients and their families in Kentucky and Southern Indiana.

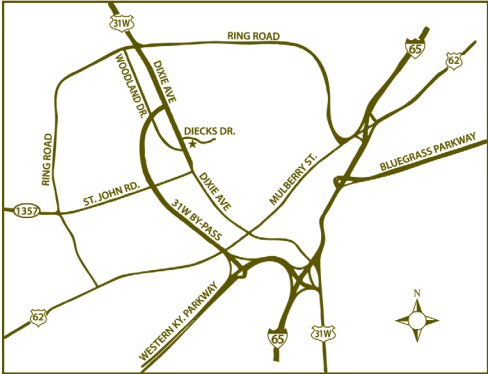


Hosparus-Louisville
3526 Ephraim McDowell Dr.



Hosparus-Shelbyville
540 Main St.

Hosparus Grief Counseling Center services and programs are offered at no cost to Hosparus families up to 13 months following the death. The cost for others is based on a sliding scale and includes financial assistance for those unable to pay, thanks to the generous support through grants from Community Foundation of Southern Indiana, Cralle Foundation, Gannett Foundation, Harrison County Community Foundation, Kosair Charities, IPA, Louise Duncan Head Foundation, Rite Aid, Shelby County Community Foundations, WHAS Crusade for Children, W.E. Barth Foundation.



Hosparus-Central Kentucky
105 Diecks Dr, Elizabethtown



Hosparus-New Albany
612 E. Spring St.