

Grief Counseling Center

Community Programs & Services for Coping with Loss

April - June 2010

A Non-Profit Community-Based Organization

The 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 help people through their grief journeys. Whether grieving an expected death from illness or a sudden and tragic death, Hosparus Grief Counseling Center services help people to understand their grief experiences and provide them with practical and helpful tools for coping.

ADULT PROGRAMS

Pre-registration is required unless otherwise indicated.

Beginning the Grief Journey

Mondays, April 12, 19 and 26

6:00 – 7:30 p.m.

LOCATION: Hosparus-Louisville

Tuesdays, April 20, 27 and May 4

1:00 – 2:30 p.m.

LOCATION: Hosparus-Louisville

Beginning the Grief Journey is a 3-week educational and sharing program to help build coping skills for persons in the first three months following a 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 the death; \$30 for others.**

Living Through Grief

Wednesdays, April 21, 28;

May 5, 12, 19, 26

5:00 – 6:30 p.m.

LOCATION: Hosparus-New Albany

Mondays, May 10, 17, 24; June 7, 14, 21

6:00 – 7:30 p.m.

LOCATION: Hosparus-Louisville

Wednesdays, May 19, 26;

June 2, 9, 16, 23

1:00 – 2:30 p.m.

LOCATION: Hosparus-Louisville

Living Through Grief is a 6-week educational program that provides an opportunity to help persons cope with their grief after the first three months. Topics include: adapting to changes, getting through special days and managing grief symptoms. **Provided free to Hosparus families for 13 months following the death; \$60 for others. A conversation with a counselor to assure the program will meet your needs is required for people who have not attended "Beginning the Grief Journey."**

Moving and Breathing Through Grief (body-centered healing)

*An on-going program that you can attend at any time. **No registration required.***

Every Wednesday (beginning April 7)

(Each 3rd Wednesday will be Breathing techniques only)

6:00 – 7:00 p.m.

LOCATION: Hosparus-Louisville

Trained instructors will lead you through gentle yoga movements and revitalizing breathing practices, which facilitate the release of feelings related to grief. Please wear loose comfortable clothing. Individuals with physical limitations are welcome. Open to any grieving adult or teen. **Provided free to Hosparus families & friends for 13 months following the death; \$10 per session for others.**

Calming Practices

*An on-going program that you can attend at any time. **No registration required.***

1st Tuesday of each month

April 6, May 4, June 1

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 and teens who are grieving a death or the anticipation of a death. It is a soothing hour of meditation, 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 the death; \$10 per session for others.**

FAMILY & CHILDREN PROGRAMS

Little's Group

For ages 3-5 & their parents/caregivers

Fridays, April 16, 23; May 7, 14

10:00 – 11:30 a.m.

Location: Hosparus-Louisville

Little's Group is an educational and experiential playgroup for preschoolers that teaches coping skills to help them better navigate their grief experience. 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 the death; \$65 for others. Pre-registration is required and includes a conversation with a counselor to assure the program will meet your needs. Register no later than April 6.**

Grief Connection

For individuals and families

2nd & 4th Thursday of each month

April 8, 22; May 13, 27; June 10, 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 youth (1st-12th grade), young adults (ages 18-25), bereaved parents (*grieving the loss of a minor child*) and grieving adults who are living with loss due to death. This program combines grief education, peer discussion and social networking to assist individuals and families in navigating their grief journey. Supervised play is available to families with children younger than 1st grade. **The Grief Connection is a collaborative effort between Gilda's Club Louisville and Hosparus, and there is no fee. Pre-registration is required prior to beginning this group.**

River Stones Workshop

Please join us at the beautiful grounds of Mount St. Francis to learn creative ways to cope with life's grief challenges. This fun and relaxing retreat uses visualization and River Stones as creative tools for releasing burdensome thoughts and feelings – a great experience for all ages.

Who: Open to individuals and families, grieving the death of a loved one

When: Saturday, June 19, 10 a.m. – 3 p.m.

Where: Mt. St. Francis, New Albany, Ind. Detailed directions will be provided to registered participants.

Bring: Your own lunch. Snacks and drinks will be provided.

Fee: \$10 per person; \$5 if under 10 years of age. **Free to Hosparus Families.**

Please register by June 12 by calling 502-456-5451.

Hosparus Grief Counseling Center 13th Annual

Motherless Daughters Luncheon: Mother's Day Celebration

Enjoy a delicious lunch and connect with other women whose mothers have died and who understand your unique grief experience. Our program is part of similar events hosted across the country by women whose mothers have died.

Saturday, May 8 12:30 – 3:00 p.m.

University Club, University of Louisville-Belknap Campus

Guest Speaker: **Jean Porter**, Managing Editor, *The Courier-Journal*

Please bring to our celebration:

- a framed (if possible) photograph of your mother
- a special / meaningful recipe that connects you with your mother

Cost: \$25.00 (paid in advance, please)

Please register by April 30.

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

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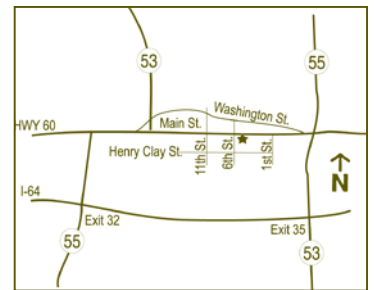
GRIEF COUNSELING CENTER
502-456-5451 OR 888-345-8197
www.hosparus.org

The Hosparus Grief Counseling Center is a program of Hosparus Inc. Hosparus is a fully accredited non-profit hospice 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. Annually, Hosparus cares for more than 5,000 patients and their families in Kentucky and Southern Indiana.

The Hosparus Grief Counseling Center services and programs are offered at no cost to Hosparus families for 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, Sisters of Charity of Nazareth, Woosley Foundation and the WHAS Crusade for Children.



Hosparus-Louisville
3526 Ephraim McDowell Dr.



Hosparus-Shelbyville
540 Main St.



Hosparus-Central Kentucky
105 Diecks Dr, Elizabethtown



Hosparus-New Albany
612 E. Spring St.

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 and there is no fee.**

CAMPBELLSVILLE

Grieving Adults
6:00 – 7:30 p.m.
2nd Monday each month
Hosparus-Campbellsville
Green River Plaza, Ste 5
295 Campbellsville Bypass

ELIZABETHTOWN

Grieving Adults
6:00 – 7:30 p.m.
3rd Monday each month
Hosparus-Central Kentucky

Grieving Adults

6:00 – 7:30 p.m.
1st Monday each month
Hosparus-Central Kentucky

LEITCHFIELD

Grieving Adults
5:00 – 6:00 p.m.
6:00 – 7:30 p.m.
2nd & 4th Tuesday each month
Potters Hope Ministries
135 Commerce Dr.

SPRINGFIELD

Grieving Adults
6:00 – 7:30 p.m.
4th Monday each month
River of Life Church
1255 Highway 55

LOUISVILLE

Grieving Adults
6:00 – 7:30 p.m.
4th Monday each month
Hosparus-Louisville

Loss of Spouses & Partners

1:00 – 2:30 p.m.
3rd Wednesday each month
Hosparus-Louisville

Loss of Parent

6:00 – 7:30 p.m.
2nd & 4th Tuesday each month
Hosparus-Louisville

SHIVELY

Grieving Adults
1:00 – 2:30 p.m.
3rd Tuesday each month
Shively City Hall
3920 Dixie Hwy.

SHELBYVILLE

Grieving Adults
6:00 – 7:30 p.m.
1st Monday each month
Hosparus-Shelbyville

SHEPHERDSVILLE

Grieving Adults
1:00 – 2:30 p.m.
3rd Thursday each month
Ridgway Memorial Library
127 N. Walnut St.

SOUTHERN INDIANA

Loss of Spouses & Partners
5:30 – 7:00 p.m.
1st & 3rd Monday each month
Hosparus-New Albany

Grieving Adults

6:00 – 7:30 p.m.
1st Tuesday each month
Harrison County Hospital
Capitol Room 2
1141 Hospital Drive NW
Corydon, Ind.

Grieving Adults

5:30 – 7:00 p.m.
2nd & 4th Tuesday each month
Hosparus-New Albany