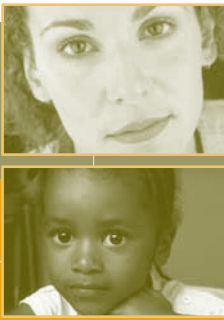


# Grief Counseling Center

## Community Programs & Services for Coping with Loss



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.

January - March 2010

A Non-Profit Community-Based Organization

## ADULT PROGRAMS

Pre-registration is required unless otherwise indicated and includes a conversation with a Counselor to assure the program will meet your needs.

### Beginning the Grief Journey

**Tuesdays, January 19, 26 and February 2**  
10:00 – 11:30 a.m.

LOCATION: *Hosparus-Louisville*

**Wednesdays, March 3, 10 and 17**

6:00 – 7:30 p.m.

LOCATION: *Hosparus-Louisville*

**Wednesdays, March 3, 10 and 17**

6:00 – 7:30 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 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

**Tuesdays, January 12, 19, 26;  
February 2, 9 16**

5:30 – 7:00 p.m.

LOCATION: *Hosparus-New Albany*

**Tuesdays, February 16, 23;  
March 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.**

### Grief Journeys

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

**1st & 3rd Thursdays of each month  
January 7, 21; February 4, 18;  
and March 4, 18**

6:00 – 7:30 p.m.

LOCATION: *Hosparus-Louisville*

*Grief Journeys* is an on-going 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 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  
January 5, February 2, March 2**

Noon – 1:00 p.m.

LOCATION: *Hosparus-Louisville*

**3rd Wednesday of each month  
January 20, February 17, March 17**

6:00 – 7:00 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  
Tuesdays, February 9, 16, 23 and March 2**

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 January 22.**

### Grief Connection

**For individuals and families  
2nd & 4th Thursday of each month  
January 14, 28; February 11, 25;  
and March 11, 25**

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.**



**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**

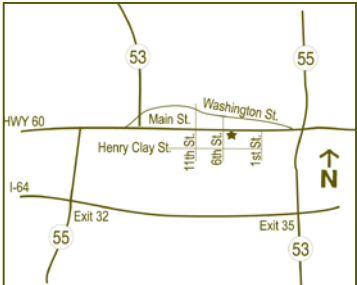
502-456-5451 OR 888-345-8197  
www.hosparus.org

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 nearly 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, Wosley Foundation and the WHAS Crusade for Children.



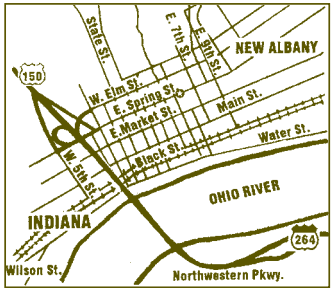
Hosparus-Louisville  
3526 Ephraim McDowell Dr.



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.

**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

**Loss of Child**

5:00 – 6:30 p.m.  
2nd & 4th Monday each  
month  
Hosparus-Louisville

**OKOLONA**

**Grieving Adults**

6:00 – 7:30 p.m.  
2nd Monday each month  
Okolona Library  
7709 Preston Hwy.

**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 Friday each month  
Ridgway Memorial Library  
127 N. Walnut St.

**SPRINGFIELD**

**Grieving Adults**

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

**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.