

Grief Counseling Center




HOSPARUS
Because the end of life is part of living

Community Programs & Services for Coping with Loss

July - September 2011

A Non-Profit Community-Based Organization

LOSS SUPPORT GROUPS FOR ADULTS

Registration is requested. There is no fee.

Ongoing support groups offer a unique opportunity to meet and talk with others who've experienced loss, and to share ways for coping.

BRANDENBURG

Grieving Adults

1:30 – 2:45 p.m. EST
2nd & 4th Thursday each month
St. John the Apostle Catholic Church
Parish Center
515 E Broadway

CAMPBELLSVILLE

Grieving Adults

2:00 – 3:15 p.m. EST
1st & 3rd Monday each month
(will not meet Labor Day, Sept. 5)
Living Grace Church
(Old Coca Cola Plant)
1375 Hodgenville Rd (Meader St)

ELIZABETHTOWN

Grieving Adults

6:00 – 7:30 p.m. EST
1st & 3rd Tuesday each month
Hosparus Central Kentucky

LEITCHFIELD

Grieving Adults

5:00 – 6:15 p.m. CST
2nd & 4th Tuesday each month
Potters Hope Ministries
135 Commerce Dr

SPRINGFIELD

Grieving Adults

6:00 – 7:15 p.m. EST
4th Monday each month
River of Life Church
1255 Highway 55

SHIVELY

Grieving Adults

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

SOUTH LOUISVILLE

Grieving Adults

1:30 – 3:00 p.m.
3rd Monday each month
Jewish Hospital Medical Center
9700 Stonestreet Road
Community Room

LOUISVILLE - HOSPARUS GRIEF COUNSELING CENTER

Loss of Spouse or Partner

9:30 – 11:00 a.m.
2nd Monday each month

Loss of Spouse or Partner

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

Loss of Spouse or Partner

6:00 – 7:30 p.m.
4th Monday each month

Loss of Parent or Surrogate Parent

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

Grieving Men

6:00 – 7:30 p.m.
1st & 3rd Thursday each month

SUPPORT GROUPS FOR INDIVIDUALS, FAMILIES AND CHILDREN

Grief Connection

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

2nd & 4th Thursday of each month

July 14, 28; August 11, 25;

September 8, 22

6:30 – 8:00 p.m.

Dinner (optional) is served at 6:00 p.m.
Please make reservations for the meal if you plan to have dinner.

Grief Counseling Center 456-5451
or Gilda's Club 583-0075

Grief Connection is a peer-based support group program for those living with loss due to death. The groups combine grief education, peer discussion and social networking to assist individuals and families in navigating their grief journey. **We suggest that you be 4-6 weeks into your grief before beginning this group.**

The following groups meet concurrently:

- **Adult Loss**
- **Spouse/Partner Loss**
- **Parents Grieving the loss of a child of any age**
- **Teens (12-17 years old)**
- **School Age (6-11 years old)**

Families that want supervised play for children younger than first grade must register 48 hours in advance to ensure adequate coverage. Adults new to Grief Connection will attend Newcomers Group (the first time there). **The Grief Connection is a partnership between Gilda's Club Louisville and Hosparus, and there is no fee. Pre-registration is required and includes a conversation with a counselor prior to attending to assure the program will meet your needs.**

SPECIAL EVENTS



Little's Group

For ages 3-5 & their parents/caregivers

Wednesdays, July 6, 13, 20, 27

(Register no later than June 24)

9:30 – noon

Location: Hosparus Grief Counseling Center-Louisville

Little's Group is a 4-week 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; \$40 for others. Pre-registration is required and includes a conversation with a counselor to assure the program will meet your needs.**



A weekend camp for families coping with death

October 14, 15, 16, 2011

Make plans to join us for this very special weekend where traditional camp meets important grief work. Evergreen is a weekend retreat for bereaved families with children (ages 6-18) and includes extended family members. This unique weekend provides an opportunity for families to come together, support each other, learn how to take care of their grief and have fun – all at the same time!

Evergreen will be hosted at Loucon Training and Retreat Center in Leitchfield, Kentucky. Families will provide their own transportation to camp. Fees range from \$100 (2 family members) to \$150 (4 family members; \$25 for each additional family member). Scholarship assistance is available. **Pre-registration is required. Deadline for applications is Friday, September 24. Applications are available by phone or at www.hosparus.org. Please register early as space is limited.**

Evergreen is made possible through the generous support of Kosair Charities, as well as other corporations, groups and individuals. Registration fees cover only a portion of the expense of this program.



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 enjoyable and relaxing retreat uses creative visualizations and River Stones as creative tools for releasing burdensome thoughts and feelings – a healing experience.

Who: *Adults, teens 16 and up* (However, minors must have a guardian in attendance.)

When: Saturday, September 10, 10 a.m. – 3 p.m.

Where: Mt. St. Francis, New Albany, IN.

Detailed directions will be provided to registered participants.

Bring: Your own lunch. Comfortable clothing. Good shoes. Snacks and drinks will be provided.

Fee: \$10 per person. Financial support can be arranged if needed, please inquire. **Please register by August 30 by calling 502-456-5451.**

Express Yourself!

For ages 7-11

Fridays, July 8, 15, 22, 29, Aug 5, 12

9:30 – 11:30 a.m.

Location: Hosparus Grief Counseling Center-Louisville

Each session is offered separately.

Children are invited to participate in Express Yourself! A fun, peer based approach and a variety of the expressive arts will be incorporated in this group to help grieving children better understand and express their feelings. **Provided free to Hosparus families for 13 months following the death; \$10 per session for others. Pre-registration is required and includes a conversation with a counselor to assure the program will meet your needs.**



ADULT PROGRAMS

Registration is required unless otherwise indicated.

Beginning the Grief Journey

Wednesdays, July 13, 20, 27

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Thursdays, July 28; August 4, 11

1:00 – 2:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Mondays, September 12, 19, 26

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Tuesdays, August 16, 23, 30

5:00 – 6:30 p.m.

Location: Hosparus Grief Counseling Center-New Albany

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

General Adult Loss

Tuesdays, July 19, 26; August 2, 9, 16, 23

1:30 – 3:00 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Loss of a Parent

Mondays, August 15, 22, 29; September 12, 19, 26

(will not meet Labor Day, Sept. 5)

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Living Through Grief is a 6-week educational and support program that provides an opportunity to help persons cope with their grief after the first three months. Topics include: adapting to changes, getting through school 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."**

Calming Practices

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

Registration is not required, but requested.

Location: Hosparus Grief Counseling Center-Louisville

1st Tuesday of each month

July 5, August 2, September 6

Noon – 1:00 p.m.

3rd Monday of each month

July 18, August 15, September 19

3:30 – 4:30 p.m.

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 and 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.**

Courage is fear holding on a minute longer.

–George S. Patton

Moving and Breathing Through Grief (body-centered healing)

Registration is required.

Wednesdays, August 24, 31; September 7, 14, 21, 28

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Moving and Breathing Through Grief is a 6-week program that explores grief through the mind and body. After a brief reading and discussion about your grief experience, trained instructors will lead you through gentle yoga movements and breathing practices intended to facilitate the release of feelings related to grief through the body. Please wear loose, comfortable clothing. Individuals with physical limitations are welcome. **Provided free to families for 13 months following death; \$60 for others.**



You do not live all your minutes at once. You just live the one you are in. You can make it through one minute. You do not have to be strong for just that one minute. One minute at a time.

–Author Unknown



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

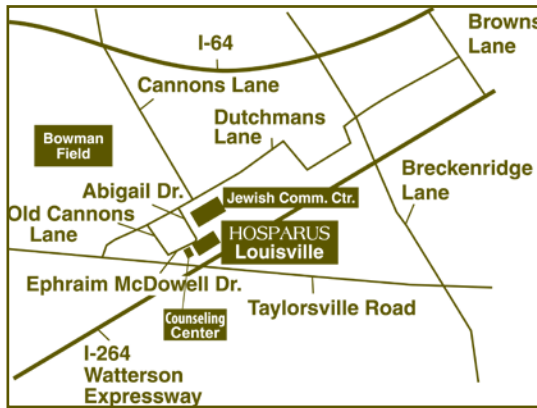


GRIEF COUNSELING CENTER

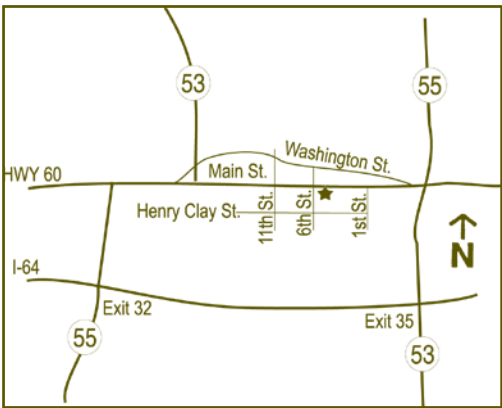
502-456-5451 OR 888-345-8197
www.hosparus.org

The Hosparus Grief Counseling Center 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.

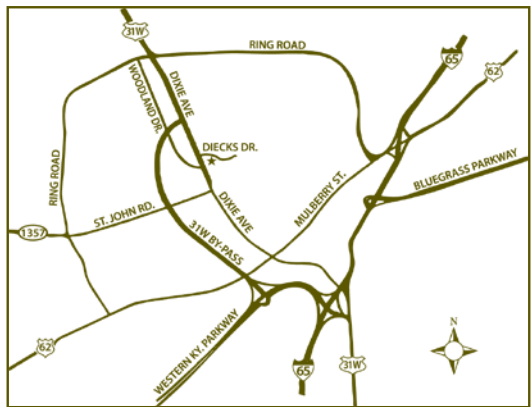
The Hosparus Grief Counseling Center services and programs are offered at no cost to Hosparus families for up to 13 months following the death. The cost for others is based on a sliding scale and includes financial assistance for those unable to pay, thanks to the generous support through grants from Barth Foundation, Community Foundation of Southern Indiana, The Cralle Foundation, Etscorn Charitable Foundation, Kosair Charities, IPA, Louise Duncan Head Foundation, Rite Aid, Sisters of Charity of Nazareth, Scott County (Ind.) Community Foundation, Gannet Foundation, Jamie and Cory Foundation, WHAS Crusade for Children and Woosley Foundation.



Hosparus Grief Counseling Center
3526 Ephraim McDowell Dr., Louisville



Hosparus Shelbyville
540 Main St.



Hosparus Central Kentucky
105 Diecks Dr., Elizabethtown



Hosparus Grief Counseling Center
612 E. Spring St., New Albany