

Grief Counseling Center




HOSPARUS
Because the end of life is part of living

Community Programs & Services for Coping with Loss

October - December 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
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

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
October 27; November 10;
December 8, 22
(No meeting on October 13
and November 24)
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**
- **Adults Grieving a violent death**
- **Teens (12-17 years old)**
- **School Age (6-11 years old)**

Families desiring 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.**

SOUTHERN INDIANA LOCATION CHANGE

The Hosparus Southern Indiana Grief Counseling Center at 612 E Spring Street in New Albany is in transition. The temporary location is the Hosparus office at 624 E Market Street, New Albany. A future move is anticipated but the date is not yet available. Please call to confirm the location: 812-948-4862.

SPECIAL EVENTS

Light a candle for all
children who have died

Worldwide Candle Lighting®

... that their light
may always shine.



National Children's Memorial

Sunday, December 11

First Unitarian Church, 809 South Fourth Street, Louisville

(corner of 4th & York – parking adjacent to the church)

4:00-6:30 p.m. Healing Space

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 also are 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.

6:45 p.m. Remembrance and Candle Lighting Ceremony

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 to arrange for a luminary to be made in celebration of their child. Names of all children will be read throughout the afternoon and again during the Candle Lighting Ceremony. The luminaries that were made for families unable to attend will be mailed to them following the ceremony.

If you are unable to attend, you are invited to submit a child's name to be read in the Healing Space. Call Gilda's Club Louisville at 502-583-0075 or email missy@gildasclublouisville.org.

Sponsored by Hosparus Grief Counseling Center and Gilda's Club Louisville

Hosparus Memorial Services

Remembering and Honoring Those Who Have Died

Reservations are requested.

Hosparus Louisville Hosts

Memorial Service

Sunday, November 13, 2:30 p.m.

St. Matthews Baptist Church, 3515 Grandview Avenue, Louisville

Patients in the Louisville service area who have died between October 2010 and September 2011 will be honored. This ecumenical service provides inspirational and comforting music, words, a children's moment and a time for remembrance. Please join us for a reception following the service.

Hosparus Southern Indiana Hosts

Holiday Hearts

Sunday, November 20, 3:00 p.m.

Arrive at 2:00 p.m. to decorate and personalize your heart ornament
Kye's, 500 Missouri Avenue, Jeffersonville

Family and friends are invited to remember a special person who has died by placing an ornament on a holiday tree during this remembrance service. Light refreshments will be served.

Hosparus Central Kentucky Hosts

Holiday Remembrance

Sunday, December 4, 2:30 p.m. EST

Arrive at 1:30 p.m. to create an ornament

Grace Heartland Church, 801 Pear Orchard Road, Elizabethtown

Family and friends are invited to remember a special person who has died by placing an ornament on a holiday tree during this remembrance service.

A Light of Hope

27th Annual Program and Remembrance Service
for individuals and families.

Sunday, November 20, 2:00–4:00 p.m.

Ratterman Funeral Home Chapel

3800 Bardstown Road

This program and remembrance service offers hope and healing to family and friends who have lost a loved one. A special program will be available for children ages 5-12. Light refreshments will be served following the service.

Reservations are requested.

Call Vicki at 502-459-3800.

Sponsored by Ratterman & Sons Funeral Home



*Compassion is the heart's response
to sorrow. We share in the beauty of
life and in the ocean of tears.*

Jack Kornfield

ADULT PROGRAMS

Registration is required unless otherwise indicated.

Beginning the Grief Journey

Thursdays, October 20, 27; November 3

1:00 – 2:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Wednesdays, November 30; December 7, 14

6:00 – 7:30 p.m.

Location: Hosparus Southern Indiana, 624 E Market St, 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

Mondays, October 10, 17, 24, 31; November 7, 14

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Adults who are grieving any type of loss will come together to discuss their grief experiences including adapting to changes, getting through special days and managing grief symptoms.

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 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."**

Calming Practices

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

Adults & Teens

1st Tuesday of each month

October 4; November 1; December 6

Noon – 1:00 p.m.

3rd Monday of each month

October 17; November 21; December 19

3:30 – 4:30 p.m.

Location: Hosparus Grief Counseling Center-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 and relaxing methods, providing you with a unique opportunity to learn new ways to deal with the stress of grief.

Hope for the Holidays

A program for adults who are coping with death-related losses.

Pre-registration is required. There is no fee.

Tuesdays, 6:00-7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

November 15 Holiday Grief: Why Is It So Difficult?

November 22 Dealing with Others' Expectations and Our Limitations

November 29

Family Holiday Workshop: Creating a Memorial Ornament

4:00 – 5:30 p.m. or 6:00 – 7:30 p.m.

Adults and their children are invited to this session.

Call early to register as space is limited.

December 6 The Importance of Ritual and Memory in Coping

December 13 Taking Care of Ourselves in the Midst of Holiday Stress

December 20 A New Holiday to Celebrate Hope

December 27 Hope for the New Year and Beyond

Tuesdays (times below)

Location: Hosparus Southern Indiana, 624 E Market St, New Albany

November 29, 5:30-6:30 p.m.

Holiday Stress: Why Is It So Difficult?

December 6

Family Holiday Workshop: Creating a Memorial Ornament

5:00 – 6:00 p.m. or 6:00 – 7:00 p.m.

Adults and their children are invited to this session.

Call early to register as space is limited.

December 13, 5:30-6:30 p.m.

Taking Care of Ourselves in the Midst of Holiday Stress

Express Yourself!

For grades 1-8

October 12, 19, 26; November 2, 9, 16

4:30 – 6:00 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Each session is offered separately.

A fun, peer based approach and a variety of the expressive arts will be incorporated in this group to help grieving youth 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.**





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

624 E. Market St.
New Albany, IN 47150-2914

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

Return Service Requested



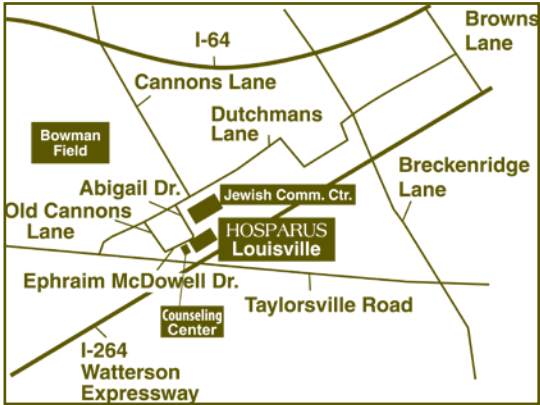
GRIEF COUNSELING CENTER

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

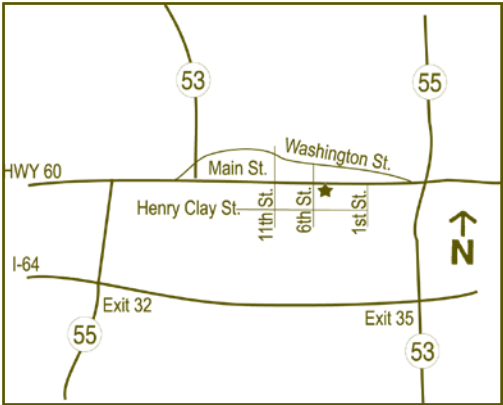
The Hosparus Grief Counseling Center offers the area's most comprehensive programs and services for children, adolescents, adults and families who are grieving the death of someone in their lives. Services include individual, group and family counseling, as well as education, support and special events 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.

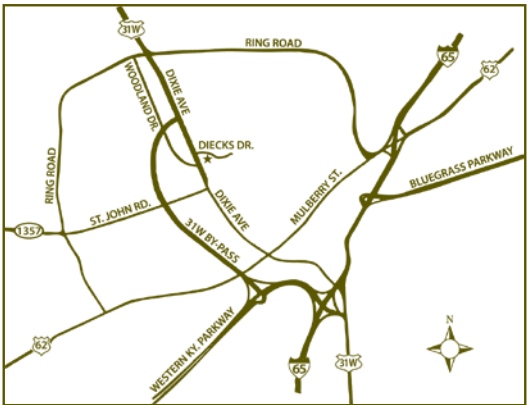
It is Hosparus' policy to provide an interpreter to assist in communicating with patients who have significant hearing loss or who cannot speak, read, write or understand the English language at a level that permits them to interact effectively with our staff. Hosparus also will provide all vital documents in the requested primary language. These services will be provided free of charge.



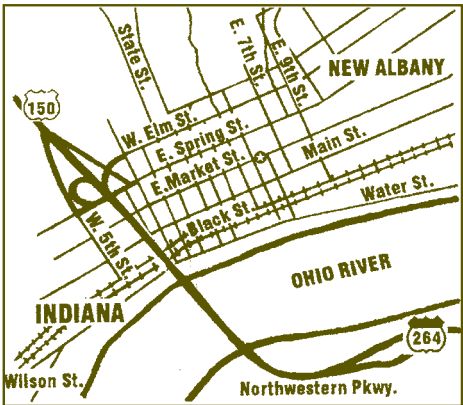
Hosparus Grief Counseling Center
3526 Ephraim McDowell Dr., Louisville



Hosparus Shelbyville
540 Main St.



Hosparus Central Kentucky
105 Diecks Dr., Elizabethtown



Hosparus Southern Indiana
624 E. Market St., New Albany