



HOSPARUS

Because the end of life is part of living



Grief Counseling Center

Helping people live with loss

January - March 2012

A Non-Profit Community-Based Organization

LOSS SUPPORT GROUPS FOR ADULTS

Pre-registration is required and includes a conversation with a counselor to assure the group will meet your needs. 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*

Grieving Adults

3:00 – 4:15 p.m. EST
2nd & 4th Tuesday each month
Hosparus Central Kentucky*

LEITCHFIELD

Grieving Adults

2:00 – 3:15 p.m. CST
2nd & 4th Tuesday each month
Potters Hope Ministries
135 Commerce Drive

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.
2nd Monday each month
Jewish Hospital Medical Center
9700 Stonestreet Road
Community Room

LOUISVILLE

Loss of Spouse or Partner

1:00 – 2:30 p.m.
3rd Wednesday each month
Hosparus Grief Counseling Center*

Loss of Spouse or Partner

6:00 – 7:30 p.m.
4th Monday each month
Hosparus Grief Counseling Center*

Loss of Parent or Surrogate Parent

6:00 – 7:30 p.m.
2nd & 4th Tuesday each month
Hosparus Grief Counseling Center*

Grieving Men

6:00 – 7:30 p.m.
1st & 3rd Thursday each month
Hosparus Grief Counseling Center*

SOUTHERN INDIANA*

Grieving Adults

5:30 – 7:00 p.m.
1st & 3rd Tuesday each month
Hosparus Southern Indiana

Grieving Adults

12:00 – 1:30 p.m.
2nd & 4th Tuesday each month
Hosparus Southern Indiana

*See maps on back page.

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
January 12, 26; February 9, 23; March 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**
- **Adults Grieving a Violent Death**
- **Teens (12-17 years old)**
- **School Age (6-11 years old)**

Families desiring supervised play for children younger than six 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 group will meet your needs.**

FAMILY AND CHILDREN PROGRAMS

Express Yourself!

For ages 6-12

Saturdays, January 21, 28; February 4, 11
(Register no later than January 11)

1:00 – 3:00 p.m.

Each session is offered separately.

Location: Hosparus Grief Counseling
Center-Louisville

A fun, peer based approach and a variety of the expressive arts will be incorporated in these groups 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 group will meet your needs.**



Little's Group

For ages 3-5 & their parents/caregivers

Saturdays, January 21, 28; February 4, 11
(Register no later than January 11)

9:30 – 11:30 a.m.

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 group will meet your needs.**

Monkey Business

In this creative workshop, participants will use socks to make a cuddly comforting companion to help them in their grief journey.

Saturday, March 3

10:00 a.m. - 2:00 p.m.

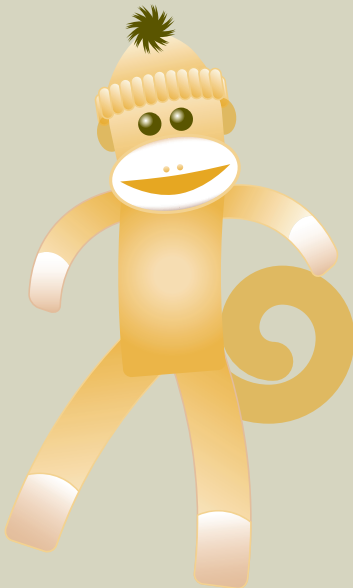
Bring a sack lunch or snack. Drinks will be provided.

Who: Family workshop for parents/caregivers and their children ages five and over grieving the death of someone special. Adults without minor age children may participate in this workshop. Adults must accompany their children to provide assistance and may also create their own sock monkey!

What to bring: A pair of socks (with heels and toes; no tube socks) belonging to the person who died and cloth scissors. If socks are not available, fabrics from other clothing may be worked into the project. Please bring a picture of the person who died to share with others. All other supplies will be provided. Don't forget to bring a sense of humor and patience!

Fee: \$5.00 per monkey to cover sewing supplies, stuffing, etc.

Space is limited, so please register by February 23. Pre-registration is required and includes a conversation with a counselor to assure the workshop will meet your needs.



ADULT PROGRAMS

Pre-registration is required and includes a conversation with a counselor to assure the program will meet your needs.

Living Through Grief

Mondays, January 23, 30; February 6, 13

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Thursdays, February 23; March 1, 8, 15

1:00 – 2:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Wednesdays, March 14, 21, 28; April 4

6:00 – 7:30 p.m.

Location: Hosparus Grief Counseling Center-Louisville

Tuesdays, February 7, 14, 21, 28

5:30 – 7:00 p.m.

Location: Hosparus Southern Indiana

Living Through Grief is a 4-week educational and support program that provides an opportunity to help persons cope with their grief. 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. **Provided free to Hosparus families for 13 months following the death; \$40 for others.**

Moving and Breathing Through Grief

(body-centered healing)

Mondays, February 20, 27; March 5, 12, 19, 26

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. Each class begins with a brief reading and discussion about your grief experience. Then, 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 Hosparus families for 13 months following the death; \$60 for others.**

Remember, we all stumble, every one of us.

That's why it's a comfort to go hand-in-hand.

–Emily Kimbrough

SPECIAL EVENT

Hope and Healing

Remember and celebrate the lives of people who died a violent death

March 18

Muhammad Ali Center

144 North Sixth Street, 6th floor, Louisville

4-5:30 p.m. **Healing Space**

This is a time for individuals and families to create a personal memorial in honor of a special person in their lives who died a violent death.

5:45 p.m. **Remembrance Ceremony**

A sacred ceremony will be held in memory of those who died.

Please call 502-456-5451 if you want to receive more information.





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
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Louisville, KY
Permit # 1530

Return Service Requested



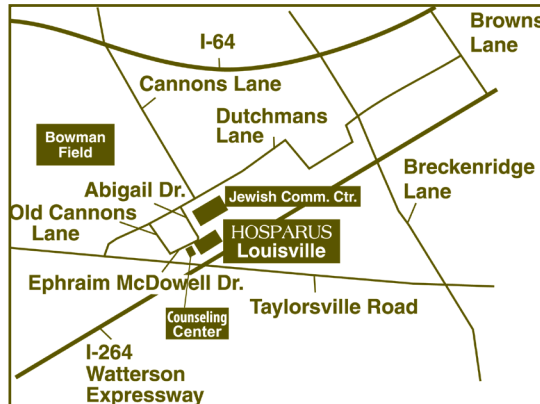
GRIEF COUNSELING CENTER

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

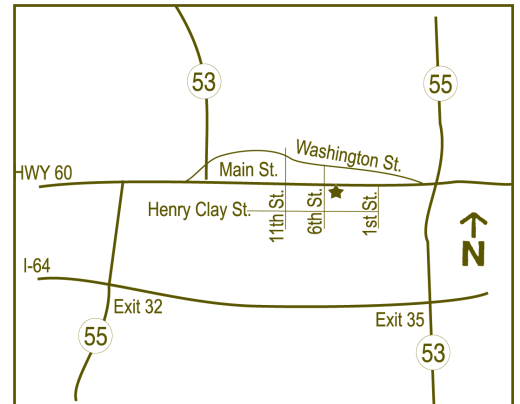
It is Hosparus' policy to provide an interpreter to assist in communicating with patients who have significant hearing loss or who cannot speak, read, write or understand the English language at a level that permits them to interact effectively with our staff. Hosparus also will provide all vital documents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

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.

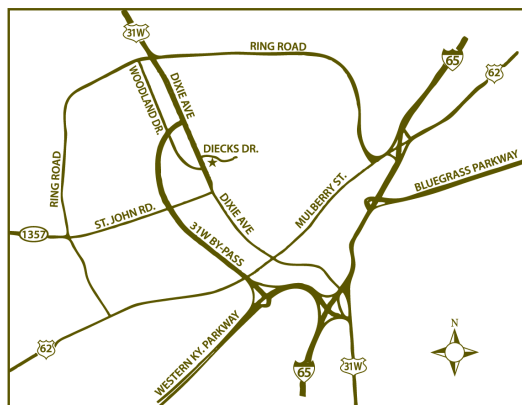
The Hosparus Grief Counseling Center services and programs are offered at no cost to Hosparus families for up to 13 months following the death. The cost for others is based on a sliding scale and includes financial assistance for those unable to pay, thanks to the generous support through grants from 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 Southern Indiana
624 E. Market St., New Albany