

• **Community Outreach:**

Community outreach and education programs are available to businesses, schools and other groups on how to manage and work with people who have been affected by grief, loss and trauma.

• **Information and Referral:**

Information regarding referrals and resources throughout the community, state, and across the country is available upon request.

“Bereavement is a darkness impenetrable to the imagination of the unbereaved.”

Iris Murdock

Bereavement services are supported through donations to the VNA of Cape Cod Hospice and contributions are always welcome.

Anyone seeking information regarding Hospice or the Bereavement Services can call the office and speak with the bereavement coordinator or the hospice manager.

How You Can Help

The Visiting Nurse Association of Cape Cod is a not-for-profit agency dependent on the philanthropy of our community. If you are interested in supporting the work of the VNA, please contact the foundation office at 508-862-5609.



VNA of Cape Cod Hospice
434 Route 134, Suite G-1
South Dennis, MA 02660
Tel. 800-978-0838 or 508-957-7710

Bereavement

Support

Services

It is the process of grieving that helps us heal...



**VISITING NURSE
ASSOCIATION OF CAPE COD**
Cape Cod Healthcare



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Cape Cod Healthcare

the VNA is...

Bereavement Support Services

What is grief?

Grief is the normal physical and emotional response we have to loss. It is experienced in all cultures. Each of us will experience grief at some point in our lives related to the loss of a loved one, friend or co-worker, or possibly the result of a trauma. Because grief can be so painful and seem so overwhelming, it often frightens us. Sometimes people wonder if the feelings they have are normal. Grief comes in many forms and its expression is unique to each person. However, people share common feelings and ways of coping with their loss, therefore, support from others helps us heal.

Support Services Offered:

The VNA of Cape Cod Hospice offers a variety of free, supportive and educational services for adults and children.

- **Individual and Family Consultation:** Consultation services are available on a short-term basis to individuals and families. This service focuses on meeting with a professional to discuss feelings and needs and then to identify resources and options to meet those needs. Phone consultations are also available.
- **Support Groups:** While facing grief and loss is often very personal, many people take comfort in knowing they are not alone in these feelings. Support groups provide a positive, nurturing setting for people to share and to explore the common feelings associated with grief, understand the grieving process and learn ways to manage grief and to heal. Groups are facilitated by experienced, bereavement professionals and cover losses that include spouse/partner, parent, child, neonatal, sibling, friends or the loss of a pet.

- **Workshops:**

Workshops are designed to offer education and practical ways to learn to cope with grief and loss. Workshops are offered on a variety of topics including; Understanding the Process of Grief, Stress Management and Relaxation, Journaling and Writing to Express Grief, and Getting Through the Holidays.

Other workshops can be created and customized to suit the needs of any group.

- **Services For Children:**

Children's responses to grief and loss are sometimes overlooked and they often need assistance in expressing and understanding their feelings. Parents, as well, often need help in how to respond to expressions of grief and loss in their children. Services designed by age level are currently available for children. More comprehensive services are continually being developed.

If you would like further information about hospice or bereavement services, please call us at 1-800-978-0838.