

## It Can Help To Talk...

When you lose a loved one, it is not uncommon to feel fragile and uncertain about yourself and the future. Please know that these feelings are natural...though certainly uncomfortable.

Talking with others who are experienced with loss can help you put your feelings back into perspective and not feel so alone. In addition to individual and family consultation with our bereavement coordinator, the Talbot Hospice Foundation offers a number of programs and works with other programs throughout the community.

Our services are offered to people in the community whose loved one is dying or has died. They are offered free of charge, and there is no requirement for your loved one to have been a Hospice patient.

The following programs are available through Talbot Hospice. Others can be developed to meet your needs.

### *Caregivers Support Group*

A weekly gathering for those who provide care for loved ones in life-limiting situations.

### *Looking Ahead*

A six-week education/support group for any adult who has experienced the loss of a loved one. Offered twice a year.

### *The Next Chapter*

A program of support and practical suggestions for getting back on your feet after the death of your spouse. Meets twice a month.

### *Rainbow Days*

Programs geared to children and teens whose lives have been changed because of the death of a loved one.

### *Return to Laughter*

A monthly gathering based on the premise that laughter is healing. Participants share jokes, stories, videos and other bits of humor.

### *Survivors of Suicide*

A support group for adults who have lost a loved one to suicide. Meets twice a month.


### *Widow and Widower Wine and Cheese Party*

A monthly gathering in private residences for those who have lost a spouse, and just want to get out during the weekend.

### *Please Remember...*

You have a right to grieve. No one can tell you what is right or wrong. We each grieve in our own way and in our own time because we are each unique, and because no one else has had the same relationship with the person who has died.

It can help to experience the emotions of grief. Tears, anger, sadness, fear and guilt are all normal expressions of the grief process. Acknowledge them and share them with someone you trust. This can help the healing.

Let others know what you need and accept their help. Reaching out to others and accepting their support may be very difficult, especially in your vulnerable state, but there is no substitute for the support of others. Support groups are especially helpful because you can "tell your story" to other people who share a similar experience and will empathize with you. 

Some books that may help...

Colgrove, Bloomfield & McWilliams, *How to Survive the Loss of a Love*

Frankl, V., *Man's Search for Meaning*

Grollman, E., *Straight Talk about Death for Teenagers*

Klein, A., *The Healing Power of Humor*

Kubler-Ross, E., *On Death and Dying*

Kushner, H., *When Bad Things Happen to Good People*

O'Toole, D., *Aarvy Aardvark Finds Hope*

Rando, T., *Grieving: How to Go On Living When Someone You Love Dies*

Rando, T., *Loss and Anticipatory Grief*

Schaefer & Lynons, *How Do We Tell the Children?*

Scheff, H., *The Bereaved Parent*

Tatelbaum, G., *You Don't Have to Suffer*