

Looking Ahead...

An educational and support group with two goals:

Education

Handouts and talks by the leader on such subjects as:

- Stages of grief - what to expect along the way
- Typical grief reactions and reactions which might give cause for concern
- Handling holidays
- Coping with the stress, anger, guilt and sadness associated with grief
- Changes in roles and relationships resulting from loss

Support

Those who wish share stories, feelings, thoughts...the wonderful ones, even the unacceptable ones.

Through sharing we learn that we are not alone, that others are in similar situations with similar reactions, and that we can feel better by reaching out to them and they to us.

The group is often described as a "safe place" where normal people who have experienced significant losses can tell their stories as often as they need to, knowing that those stories will be respected and held in strict confidentiality by everyone present.

Looking Ahead groups are held twice each year at the Talbot Hospice Foundation, meeting once a week for six weeks. We limit the size of the group and encourage participants to attend all six meetings.

All Talbot Hospice Foundation bereavement services are offered to people in the community whose loved one has died. They are offered free of charge, and there is no requirement for your loved one to have been a hospice patient.

For more information and helpful materials, or to register for this group, please call our Bereavement Coordinator at Talbot Hospice Foundation 410-822-6681.

"I feel so alone."

"Others try to help, but they just can't understand."


"No one close to me has died before...what am I supposed to feel?"

"I burst out in tears at the strangest moments, so I'm almost afraid to go out."

"I keep looking for my loved one who died. Am I crazy?"

"I am mad at the doctors, at God, even at my husband who died. I know it wasn't his fault...what can I do?"

"I just can't cope with the holidays...I would rather avoid them altogether."

These are all very typical reactions to the normal process of grief. All of these reactions are addressed in our *Looking Ahead* groups. 

Some books that may help...

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

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

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

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

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

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

Rando, T., *Loss and Anticipatory Grief*

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