

YOU ARE NOT ALONE

The death of a significant person can be a time of great pain.

We invite you to follow a path through this pain that leads to healing of the heart and brings renewed meaning to life.

Chaplaincy Grief Care offers support and education for anyone who has experienced a death.

Our support groups and classes are facilitated by professionals and specially trained volunteers and they are offered free of charge. Limited one-on-one support is also an option. Spanish language support is available on a regular basis. Please call for details.

Providing you with a safe place to heal is our primary goal.

Call us, we can help.

(509) 783-7416



CHAPLAINCY HEALTH CARE'S MISSION

The team at Chaplaincy Health Care focuses on the entire person - their physical, emotional, and spiritual needs. We guide, comfort and care for people experiencing serious illness, end of life, loss and grief.

Other services available through Chaplaincy Health Care:

- Hospice Care
- Grief Care
- Cork's Place - grief care for children and teens
- Spiritual Care - Contract Chaplain Services
- Repeat Boutique Hospice Thrift Stores



Expert Guidance
During Seasons
Of Grief



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RICHLAND, WA 99352
(509) 783-7416

CHAPLAINCYHEALTHCARE.ORG

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-509-783-7416. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致 1-509-783-7416。



SUPPORT FOR ALL AGES FOLLOWING A DEATH

Support Groups:

Drop-In Grief Support: This group offers support to adults experiencing grief due to a death without the commitment of an 8-week group.

Widowed Support Group: This 8-week group provides support and education for widows, widowers and partners.

Coming to Terms with Loss: This 8-week group is open to adults experiencing grief due to the death of a person other than a spouse or partner.

Cork's Place: Cork's Place provides on-going support groups for children ages 3 through 17 and their families.

Young Adult Group: This drop-in support group is for young adults aged 18-25 who have experienced the death of a family member, relative or friend.

Gone Too Soon: This group offers grief care for pregnancy and infant loss. It meets the second Thursday of every month.

Grieving Parents Support Group: This group is for parents who are grieving the death of a child. It meets the 2nd and 4th Wednesdays of every month.

Suicide Loss Support Group: This group helps people adjust after a significant person dies by suicide.

Esperanza A Través Del Dolor: This drop-in group welcomes Spanish-speaking adults who have experienced a death.

Classes:

Understanding Grief: This one-time, two hour session is open to grieving adults. It covers common grief reactions, uniqueness of each person's grief, as well as, healthy coping strategies.

Hope for the Holidays: This two-hour class meets to help grieving people deal with the stress, loneliness and confusion of the holiday season.

Pet Loss: This blended class/support group is offered to adults who are grieving the loss of a pet.

THE LOSS OF A LOVED ONE IS A CHALLENGING & SORROWFUL TIME

Emotions are unique, varied and powerful. You may experience one or all of these emotions:

- Shock and numbness
- Emptiness and sadness
- Anger and resentment
- Fear and insecurity
- Guilt and regret

Grief may affect you physically. You may experience:

- Fatigue and exhaustion
- Low energy
- Tight or heavy feeling in chest
- Tension
- Restlessness and irritability

You may find yourself:

- Crying unexpectedly
- Searching for something
- Carrying special objects
- Talking to your loved one

You may be:

- Forgetful
- Confused
- Absentminded
- Distracted

"The only people who think there is a time limit for grief, have never lost a piece of their heart. Take all the time you need."

