



January 2013

Dear Friend of Fairview Hospice:

We have just passed through the holiday season, a time that honors many special traditions and recalls memories of the past. The calendar says it's a new year and once again we have a new beginning. What does that mean for those who are grieving?

The holiday season has been the first of these seasons following the death of your loved one. You have probably learned much about grieving, about the power of your own resilience and about the presence of hope that carries us to a new day and a new way of doing life.

As you are going through this first year of a grief journey, you most likely are experiencing an array of emotions that may change often, depending on the hour or the day. It's important to remember that your feelings aren't strange, right or wrong, good or bad. They are what they are.

On the back side of this letter you'll find a **Bereavement Tool Kit**. There is a checklist of the "tools" we offer in our grief support program to help you on your way. Please let us know what interests you. Always feel free to call or email us and check out our website. You are also invited and welcomed to participate in our **upcoming grief support events:**

Journaling to Heal the Heart

4 week on-line class beginning Mon., Feb. 4, 2013

Journaling can be a powerful tool for expressing grief and creating a new normal after a loss. Those who enroll will receive weekly emails with creative writing suggestions. Participants will be invited to share journal entries with a Fairview Hospice grief counselor and receive feedback if they choose. Please call 612-728-2445 or email griefresources@fairview.org for more information and to register.

2nd Saturday Support

In 2013, please join us on the 2nd Saturday of every month to explore resources and grief education related to what you are going through in the death of your loved one. Topics will include: *The Art of Forgiveness....Parent Loss....Spirituality and Grief...Grief Dreams....Talking about Guilt and Regret.... Dealing with Loneliness....Healing Through Helping Others*. Mark your calendar with the following dates: February 9, March 9, April 13, May 11 and June 8. We will meet at the Oxboro Clinic, 600 W. 98th St., Bloomington, from 10:00 to 12 Noon. No registration needed-just come for support!

4 Week Grief Support Group

This support group will meet 4 consecutive Fridays, February 22-March 15, 2013, 10:00am-11:30am, at the Fairview Oxboro Clinic— 600 W. 98th St, Bloomington, MN. The experience will provide opportunities to learn about the grieving process, offer emotional support, and share one's story. There is no charge for this group, but registration is required. Call Chris Dooley-Harrington at 952-885-6197 for more information and to register.

Every wish for healing and hope in the new year.....

With warm regards,

Fairview Home Care and Hospice Bereavement Counselors

Steve Sims	Chris Dooley-Harrington	Cindi McKee
612-728-2445	952-885-6197	952-885-6183

Website: www.fairview.org/grief Email: griefresources@fairview.org Toll Free #: 800-285-5647

Bereavement Tool Kit



When a loss comes to us we often do not know where to begin the healing process. The process of healing takes work. The Fairview Hospice Program is here to assist by reminding you of the tools we provide at no cost.

Since our needs change over time the tools you need today may not be what you need in the future. What you feel is not needed today just may be something that could benefit you as time unfolds. We will follow your lead and provide individualized care for you and your family. Please let us know how we can assist you and your family.

We invite you to take a look at the list below of some of the 'tools' we offer. Check whatever you feel would be helpful at this time. Keep the list handy and contact us at any time in the future to add to or subtract from your list. All our upcoming events are posted on line at www.fairview.org/grief.

I would like information about the following grief support:

One to one counseling

Family counseling

Support groups, workshops and retreats

Support through phone calls

Support programs for children, teens and young adults.

Grief education, inspiration, and support via email. My email is _____.

You will continue to receive mailings from our program unless you specify otherwise.

I no longer wish to receive mailings. Please take me off your mailing list.

Please get back to us with any questions or comments in the way you find most convenient.

We look forward to hearing from you.

Email: griefresources@fairview.org

Phone: 763-389-1923 (Princeton area) 612-728-2455 (Metro) 800-285-5647

Mail: Fairview Hospice Bereavement Program 2450 26th Ave S. Minneapolis, MN 55406

Name _____

Phone Number _____

Email Address _____