



Grief Support

Grief follows no standard path or time frame. There is no right way to experience grief. Often, emotions will ebb and flow. Grief can affect you physically, mentally, emotionally, socially, and spiritually. It can leave you with questions such as How long does grief last? Will I always feel this way? Why can't I sleep? Why don't I have any energy?

Our team at Santa Clara Valley Hospice helps adults learn to process feelings and find ways to move forward in a positive direction and carry on without your loved one. Grief support is provided by facilitators who listen to how grief is affecting you, help you identify the right support, and help you find meaning in your loss.

Our grief support groups and workshops offer an environment of hope, acceptance, and cooperative learning. We believe:

- **Grief is a natural reaction to death.**
- **Everyone processes death and loss differently.**
- **Sharing your story of pain and loss helps lessen suffering.**
- **Being in community with others helps process grief.**

For more information about attending our classes please call us or
join us on:

Wednesdays: 3:30 - 5:00 pm & Fridays: 9:00 - 10:30 am

Classes are free, available in English & Spanish

Santa Clara Valley Hospice, The Home Support Group, Inc.

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