We are grateful.

Unity's grief support offerings are made possible by financial gifts from friends, families and grant support. To help support our continuing grief programs, call 920.339.5571 or visit www.unityhospice.org.

We hope you find this newsletter helpful and supportive. If you no longer wish to receive grief mailings from Unity, please contact our office to be removed from the list.

A Time to Heal

NEWSLETTER SERIES

VOLUME THREE – Finding Strength in Grief

Navigating Grief – A five week support group for adults who have experienced the death of a loved one. Groups are held on five consecutive Tuesdays, in the afternoon and evening, at the Unity De Pere campus. Visit Unity's website or call for specific dates and times.

Hope and the Holidays – A five week support group for adults focusing on grief through the holidays. Groups are held on five consecutive Tuesdays, starting in November, at the Unity De Pere campus. Groups are held in the afternoon and evening. Visit Unity's website or call for specific dates and times.

Generations – A monthly program designed to support grieving families with youth ages 6-18. Complimentary dinner provided. Age appropriate groups are held concurrently for parents/guardians, teens/children. Held the second Thursday of every month from 5:30-7:30 pm in Green Bay.

Grief Connection – A monthly grief support group for those who have attended the Navigating Grief group and would like additional support. Held the third Thursday of every month, 1:30-3 pm or 6-7:30 pm at the Unity De Pere campus.

Understanding Grief – A monthly support group held in multiple locations within Unity’s service area for any adult who has experienced the death of a loved one. First Wednesday of every month: Wausaukee 10-11:30 am, Marinette 12:30-2:00 pm, Second Wednesday of every month: Menasha 10-11:30 am, Sheboygan 12:30-2:00 pm, Third Wednesday of every month: Green Bay 10-11:30 am, Fox Valley 12:30-2:00 pm, Fourth Wednesday of every month: Gillett 10-11:30 am, Algoma 12:30-2:00 pm.

Healing Thru the Arts – A hands-on creative grief group for adults. Held the fourth Thursday of every month, 10 am-noon or 2-4 pm, at the Unity De Pere campus.

Women’s Luncheon – A monthly opportunity for bereaved women to gather for informal conversation and support. Held the third Wednesday of every month from Noon to 1:30 pm.

Individual and/or Family Grief Support from a Grief Counselor – Held at the Unity De Pere campus.

Strength at Your Side

2366 Oak Ridge Circle
De Pere, WI 54115
920.338.1111 | 800.990.9249
WWW.UNITYHOSPICE.ORG

Beyond the physical needs of the patient, the emotional and spiritual support provided by the hospice team is what makes all the difference. The person provided with this support is able to focus on remaining as healthy and comfortable as possible so that their loved ones can focus on spending as much time with them as possible. At this time, your family’s needs may be greater than ever, which can be overwhelming.

With an understanding that each person grieves in his or her own way, Unity offers a variety of support services designed to meet your unique needs. Registration is required. 920.338.1111 or 800.990.9249 • bereavement@unityhospice.org

MISSION:
To bring the best end-of-life experience to our communities by delivering unwavering strength, compassion and support.

STAY IN TOUCH

WWW.UNITYHOSPICE.ORG

Facebook.com/UnityWI

To find the best
Finding Strength in Grief

Over the past months, you have been living with your loved one’s absence. You may be starting to fully acknowledge their death while living in your new reality. Day by day you are slowly adjusting to this “new normal” by finding your own rhythm and routine. Not only are you missing your loved one but also their role in your life and your family’s life. Everyday activities (preparing meals, doing dishes, managing paperwork) and milestone accomplishments (birthdays, weddings, anniversaries) take great strength and courage to face. You may experience a mixture of joy, sorrow, or resentment that your loved one is not sharing in these events with you. At times, you may feel stuck and find it hard to grasp that life can keep going on without them. It is important to acknowledge your pain and struggles while reminding yourself that you can and will survive. Take one step at a time and know each step is a courageous one.

Part of grief involves reviewing the relationship that was. It is an opportunity to reflect on where you have been and where you hope to go. Those who died played a role in shaping the person you are. They have left part of themselves with you, and it may feel like they took a part of you with them. Take some time to reflect, gather your memories, and consider how your loved one will continue to influence your life.

HELPING YOURSELF HEAL

Part of the healing process is getting to know the “new you” and the “new normal.” Taking time to ask questions can help you sort through this new reality. Thinking, sharing in grief support groups, talking with friends, or writing in a journal can help you clarify where you have been, where you are now, and what happens next.

Take some time to reflect on these questions.

• What responsibilities did I have that are no longer there? What new responsibilities have I assumed? How have these new responsibilities changed me?
• What skills am I no longer using? What new skills have I learned?
• What habits and routines no longer work for me? What new habits and routines am I developing?
• What areas of my life do I feel in control of? Not in control of?
• What gave me a sense of purpose before? What part changed or remains? What gives me purpose now?

CONTINUING THE RELATIONSHIP

As you continue to reflect and change, it may be helpful to find ways to incorporate your loved one in your life. Remember that grief is unique. It is important for you to do things that give YOU comfort. Here are some things others have found helpful as they remember their loved one.

• Make a memory book/box of photos/mementos of your loved one. Invite friends and/or family to contribute.
• Enjoy the foods they enjoyed.
• Imagine what advice they would offer when you are making tough decisions.
• Live your life in a way they would be proud of.
• Finish a project they were working on or adopt a hobby they enjoyed.
• Live your life in a way they would be proud of.
• Finish a project they were working on or adopt a hobby they enjoyed.

Unity’s Forget-Me-Not Ornament – Honor your loved one in a lasting way with the Forget-Me-Not Keepsake Ornament. Handcrafted from fine porcelain, each ornament includes an inspirational message. Ornaments are available for $10 each.

Unity’s Gardens – Located on our 34 acre campus in De Pere, the gardens offer beautiful outdoor spaces for meditation and reflection. When you dedicate an engraved brick, a garden element or a stone bench you contribute to the atmosphere of care and healing.

The Unity Memorial Garden and Brick Dedication is held the third Thursday of August at Unity. All garden tributes made before June 1 are formally dedicated at this ceremony.

For more information on the memorial opportunities below, contact Unity at 920-338-1111 or visit www.unityhospice.org.