What is Grief?

Registration is required. 920-338-1111 or 800-990-9249 • bereavement@unityhospice.org

Navigating Grief – A six week support group for adults who have experienced the death of a loved one. Groups are held on six 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. Visit Unity’s website or call for specific dates and times.

Generations – A program designed to support grieving families with children ages 4-18. Complimentary dinner provided. Adult and age specific groups for children are held concurrently. Held the second and fourth Thursday of every month from 5:30-7:15 pm in the Green Bay area during the school. During the summer, Generation meets only on the second Thursday.

Grief Connection – A monthly grief support group held in multiple locations within Unity’s service area for any adult who has experienced the death of a loved one. Held the third Thursday of every month, 1:30 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 Marinette 12:30-2:00 pm Second Wednesday of every month Sturgeon Bay Noon-1:30 pm Third Wednesday of every month Sister Bay 1:00-2:30 pm Fourth Wednesday of every month Gillett Noon-1:30 pm

Healing Thru the Arts – A hands-on creative grief group for adults. Held the fourth Thursday of every month, from 2-3:30 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 at a Green Bay restaurant.

Individual and/or Family Grief Support from a Grief Counselor held at the Unity De Pere campus or over the phone.

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

A caring nonprofit partnership of Bellin Health, HSHS St. Mary’s Hospital Medical Center and HSHS St. Vincent Hospital.

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

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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

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Some people describe grief as a roller-coaster ride. You find yourself propelled through ups and downs and turns that you often cannot see or predict. Others share that their grief seems to come in waves as if they were standing on a beach and the waves roll continuously in and out. Some waves seem manageable and some waves knock them over. Still others have compared the early weeks of grief to watching a movie and seeing themselves in it. There is an unreal quality about it — as if it were a dream. You keep expecting to wake up and find yourself back in your real life, not a life without your loved one.

It is not uncommon for those who have experienced the loss of a loved one to describe themselves, and their behaviors, as going through the motions. Perhaps this has been true for you. You may have taken care of the many details and tasks related to the final arrangements, business items, notifying friends and family, going to the memorial service, and the requirements of everyday life. You may have found yourself wondering “What do I do now?” as your daily life has changed. You may have been sad, overwhelmed, relieved, or scared.

Some say, around this time in their grief, they find the “fog is lifting.” The phone may not be ringing as often and the realization that “this is real” may be settling in. There is no part of your body, your actions, or daily life that is immune from the impact of grief. Some find it hard to think or remember things. Some find their sleep or appetite to be altered. Many people find their thoughts or emotions can change moment to moment as they hear or see something that reminds them of their loved one. There is no right or wrong way to grieve so be careful not to compare yourself to others. Everyone grieves differently.

**HELPING YOURSELF HEAL**

There are many things you can do to promote your own healing. Most of these ideas revolve around giving yourself permission to experience and express your grief at your own pace. Find strategies that help you heal. Remember, as you move through grief, you may need to change your coping strategies. Here are some ideas:

- Allow yourself to cry.
- Talk and share with those you trust.
- Attend a support group (Unity has many grief support groups listed on this newsletter).
- Keep a journal of your thoughts and feelings.
- Practice deep breathing.
- Give yourself permission to laugh or experience joy as you are able.
- Focus on the basics - eat healthy, get plenty of rest as you may be more tired, exercise (may be as simple as taking a walk to get the mail).
- Avoid things that numb your grief – alcohol or drugs.
- Seek out support from friends, family, physician, clergy, counselor, or Unity.
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**CONTINUING THE RELATIONSHIP**

With this loss, your relationship with your loved one has changed dramatically. Research tells us that an important part of the healing process is finding ways to remember your loved one and continue the relationship in a new way. Remember, grief is unique so it is important for you to do things that give YOU comfort. What gives you comfort now may change over time and may be different from others you know. Here are some things others have found helpful:

- Talk to your loved one out loud or silently.
- Display photos of them.
- Write them letters.
- Visit the places where you feel close to your loved one.
- Keep something meaningful that belonged to them.
- Make a memorial gift in their honor.

**UNITY RESALE SHOPPE, LLC**

Unity Resale Shoppe, LLC offers a warm and inviting place where household items and clothing can be donated and purchased. Proceeds from sales help fund grief programs, patient care and hospice respite stays. The Shoppe is located at 1641 Commanche Ave, Green Bay, near the Austin Straubel Airport.

For more information, visit us at [www.unityhospice.org/resale-shoppe](http://www.unityhospice.org/resale-shoppe) or phone 920-339-5501.