



Strength
at Your Side

Unity's Grief Support

Unity is the only locally owned and operated nonprofit hospice in the region. With over 40 years' experience as an innovator in hospice, palliative, and grief support, we are here to deliver strength, compassion and support.

Navigating through the grieving process after the loss of a loved one can be difficult. Unity's grief programs support all members of the community.

Unity offers a broad range of services which include:

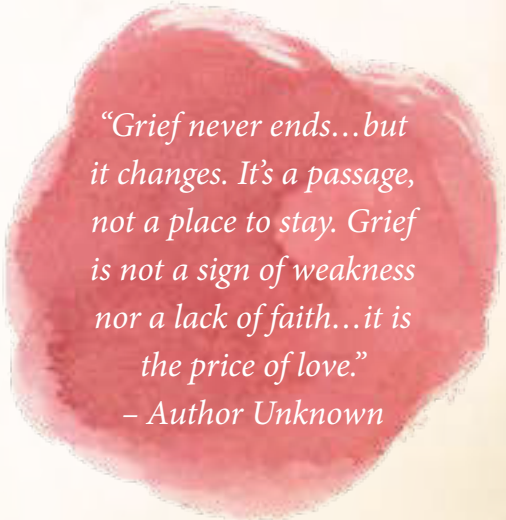
- Supportive telephone calls
- Individual and/or family grief counseling
- Newsletters with supportive information and tips about grief and loss
- Grief support groups for adults and children
- Memorial programs to honor and remember your loved one

Although grief is a natural and normal response to the death of a loved one, we realize it is a unique process for everyone. Your experiences may differ from those of other family members and friends. Some experiences include:

- Feeling overwhelmed
- Changes in appetite
- Difficulty making decisions
- Relief
- Disbelief
- Feelings of being in a fog
- Difficulty sleeping
- Difficulty concentrating
- Replaying last days
- Outbursts of crying
- Numbness
- Changing emotions

The following activities may be helpful:

- Take naps
- Share memories
- Set small, realistic goals
- Deep breathing
- Take time to care for yourself
- Talk with family, friends, faith community
- Exercise
- Have small things to look forward to
- Keep a journal
- Ask for and accept help as needed



"Grief never ends...but it changes. It's a passage, not a place to stay. Grief is not a sign of weakness nor a lack of faith...it is the price of love."

– Author Unknown

Call Unity 24/7 at **920.338.1111** or **800.990.9249**

If there is no answer and the phone continues to ring, call **920-490-7418**.