

With you along the way...

Stein Hospice offers bereavement services before and after the loss of a loved one, to children, adolescents, adults and families. Bereavement services are available to anyone in the community whether or not they have had previous involvement with Stein Hospice.

- Grief is a natural and normal reaction to a loss of any kind. It is a journey of experiences and feelings in response to that loss.
- Grief is a process that is not completed. You do not “get over” grief. You do adapt, accept and learn how to live with the loss, enough for some movement, joy and meaning in life.
- We all have to face losses of many types throughout our lives. While we all may not experience the same type of loss, rebuilding our lives and relationships after a loss is a universal challenge that we all face.



- You will feel grief all over. It can affect you on a physical, emotional, cognitive, social and spiritual level.
- Grief is a personal and individualized experience. The deeper the feelings toward the person lost, the deeper the need to grieve. Grief hurts because of the love behind it.
- The process of grieving is not a straight line, but a series of steps forward, sideways, upside down and backward.

Mission Statement:

To provide comfort, compassion and support during life's final journey.

“Grieving is a journey that teaches us how to love in a new way, now that our loved one is no longer with us. Consciously remembering those who have died is the key that opens our hearts, that allows us to love them in new ways.”

-Tom Attig



***You are not alone,
we are here to help.***

For more information on any of these Bereavement Services, please contact Stein Hospice at (419) 625-5269 or 800-625-5269.

*With you
along the way...*



Bereavement



Services provided by the Stein Hospice Bereavement Program include:

- Assessment
- Individual and Family Anticipatory Grief and Bereavement Counseling
- Support Groups
- Anticipatory Grief and Bereavement Crisis Intervention
- School Based Support, Education and School Crisis Response
- Critical Incident Stress Debriefing
- Art Therapy
- Relaxation Massage, Guided Imagery and Reiki
- Bereavement Volunteer Visits
- Annual Holiday Events and Memorials
- Community Outreach
- Bereavement Literature
- Referral to Other Agencies and Professional's As Needed
- Continuing Education Seminar's for Professional's and the Community
- Annual Camp Good Grief (*week long day summer camp for kids ages 5-12*)

Adult Support Groups:

- **Serenity Seekers** - 6 week program for the loss of any adult loved one. *Offered throughout the year.*
- **Healing Hearts** - Ongoing support group offered once a month, for the loss of any adult loved one.



- **Compassionate Friends** - Ongoing support group offered once a month, for adults who have experienced the loss of a child.
- **A New Dawn** - 6 week program for adult survivor's of divorce. *Offered throughout the year.*
- **With the Guys** - 6 week program for adult men who have lost a loved one. *Offered throughout the year.*
- **Rain's End** - 6 week program for adults who have lost a loved one through suicide. *Offered throughout the year.*

Adult Social Event Groups:

- **Bunch for Lunch** - 12:00 pm, 1st Monday of every month at Stein Hospice Sandusky Office. Potluck, please bring a covered dish. Stein provides the main course. 1200 Sycamore Line, Sandusky OH 44870
- **Sandusky Yacht Club** - (*pay for own meal*) 12:00 pm, 3rd Wednesday of every month. 529 E. Water St., Sandusky OH 44870. Please call Bereavement Department at Stein Hospice to make reservation ahead of time.
- **Huggers and Munchers** - (*pay for own meal*) 5:00 pm, 1st Tuesday of every month. Dinner at different restaurants in the area. Please call Bereavement Department at Stein Hospice to make reservation ahead of time.

- **Healing Hearts Lunch Bunch** - (*pay for own meal*) 12:00 pm, 1st Wednesday of every month. At Berry's Restaurant 15 W. Main St., Norwalk OH 44857. Please call Bereavement Department at Stein Hospice to make reservation ahead of time.

Children and Adolescent Support Groups:

- **Recovery Riders** - 5 week program for children ages 7-12 who have lost a loved one through death. Offered throughout the school year.
- **R.U.O.K.** - 5 week program for adolescents ages 13-18 who have lost a loved one through death. Offered throughout the school year.
- **Tough Cookies** - 6 week program for children ages 7-12 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/caretakers who have been incarcerated. Offered throughout the school year.
- **Next Step** - 6 week program for adolescents ages 13-18 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/caretakers who have been incarcerated. Offered throughout the school year.
- **Club USA** - 11 week program for children ages 7-12 who have a loved one in the military who has been deployed. Offered throughout the school year.

For more information on any of these bereavement services, please contact the Bereavement Program at (419) 625-5269 or 800-625-5269.

