Grief is a natural human response to the death of a loved one. It is a unique process for each individual, is almost impossible to prepare for, can last for months, or even years, can manifest itself in many ways, and may feel overwhelming and all consuming. How each person copes with their grief is dependent upon their own life experiences, culture, and coping mechanisms. New ways of coping may be learned through the mutual sharing of experiences with others. Even though grieving is normal and healthy, it is hard work and may leave one with little energy for anything else. However, with the work of grief, people can find renewed purpose and meaning in life.

We do this in a variety of ways ranging from one-on-one counseling with a licensed professional counselor, to educational support groups where people join others in learning more about this thing called grief and how to process it. Throughout the year we offer a variety of programs providing specific strategies to help people get through some of the rough times like the holidays and anniversary dates. We provide a monthly newsletter with helpful articles related to grief, and we are always ready with ideas of how to tell your story, and to listen when you need to talk about your loved one.

Semi-annual memorial services are another opportunity to reflect and share memories with others who are also adjusting to life without a loved one. We provide an additional opportunity to remember loved ones during the holiday season as we illuminate our Tree of Hope, decorated with the names of those memorialized through a gift made to Family LifeCare.

Family LifeCare bereavement services are available free of charge to anyone. We also have resources for those wanting to help someone else who is grieving.

For additional information, call 800-355-2817.