



To reduce the spread of Coronavirus COVID-19, HopeHealth is temporarily pausing all of our in-person grief support groups. We understand this can be a difficult time and HopeHealth is committed to providing support to our community. We are offering virtual grief support groups, open and free to the community, through the use of Zoom.

We are also continuing our one-on-one support to patient family members over the phone and on Facetime. If you need grief support, please call the Center for Hope & Healing at (888) 528-9077 to schedule a time for someone to reach out to you.

**For questions or assistance with any of these groups,** please contact Marsha Ireland, Community Services Coordinator, at (401) 365-8783.

## VIRTUAL GRIEF SUPPORT GROUPS

### **Losing a Loved One to COVID-19: Comfort and Support**

**Wednesdays 4:30 - 6 :00 p.m.**

Grief research suggests that suffering personal losses can be particularly challenging when experienced in times of broader social stress. Loss of a loved one to COVID-19 can bring about complicated grief—a type of bereavement that is unusually difficult and long-lasting. From the sudden way the world changed, to the unanticipated decline in health of our loved ones, to the inability to hold memorials to honor them in their death all contribute to this unimaginable grief. Join our experienced grief support group facilitators for a time of sharing, healing, and comfort each week as we continue to grieve together.who has lost a loved one and is in need of support.

<https://HopeHealthCo.zoom.us/j/2119192853>

Meeting ID 211 919 2853

## Emotional Support and Coping with Cumulative Loss for Professional Caregivers

**Mondays 8:00 - 9:00 a.m. • Wednesdays 8:00 - 9:00 p.m.**

The unprecedented public health crisis brought on by COVID-19 is impacting every aspect of daily life, but the emotional and physical toll on healthcare professionals in particular is daunting. Please join HopeHealth support group facilitators and your peers in the healthcare work force as we gather to provide comfort, emotional support, and resources that will help you to cope with the ongoing stressors and cumulative losses you are experiencing during this difficult time. Taking time to turn your caregiving inward while providing care for others helps create balance of mind, body, and spirit when it is needed most.

<https://HopeHealthCo.zoom.us/j/9132167404> – Meeting ID 913 216 7404

## General Grief Support

**Fridays 10:00 - 11:30 a.m.**

This is a general grief support group open to anyone who has lost a loved one and is in need of support.

<https://HopeHealthCo.zoom.us/j/920742052>

Meeting ID 920 742 052

## Mindfulness Meditation for Grief and Healing

**Wednesdays 3:00 - 4:30 p.m.**

Mindfulness meditation is a practice that engages posture, everyday movement, the breath and mindful, focused awareness. In practicing together, participants can foster a deeper sense of the present moment, reduce stress and anxiety and find deeper meaning after the death of a loved one.

<https://HopeHealthCo.zoom.us/j/920742052>

Meeting ID 920742052

## Children's Grief Support Group\*

**Bi-weekly on Tuesdays 3:30 - 4:30 p.m. • May 5, May 19, June 2**

This bi-weekly virtual group is for children aged 6-12 years old who have experienced the loss of a loved one. In this group, children will connect through art-focused activities facilitated by a grief counselor. Mindfulness techniques will be introduced and space for discussion will be provided.

\*This group is password protected. Please email Sarah Cordeiro, grief counselor, at [SCordeiro@HopeHealthCo.org](mailto:SCordeiro@HopeHealthCo.org) to obtain the password.

## Teens Grief Support Group\*

**Bi-weekly on Tuesdays 3:30 - 4:30 p.m. • May 12, May 26, June 9**

This bi-weekly virtual group is for teens aged 13-17 years old who have experienced the loss of a loved one. In this group, teens will have the opportunity to connect through art-focused and mindfulness techniques facilitated by a grief counselor. A safe space is created for teens to discuss their grief and how that grief may be compounded by COVID-19.

\*This group is password protected. Please email Sarah Cordeiro, grief counselor, at [SCordeiro@HopeHealthCo.org](mailto:SCordeiro@HopeHealthCo.org) to obtain the password.



HopeHealth

Hospice & Palliative Care

HopeHealthCo.org

