

Grief is a passion to endure

People can be

stricken with it,

victims of it,

stuck in it.

Or they can meet it,

Get through it,

And become quiet

victors through the active,

honest and courageous

process of grieving.

Alla Renee Bozath, PhD

"Life is Goodbye Life is Hello"



Bereavement

Services

*Offering hope for
healing*

Hospice of San Joaquin

Care,

Support,

Guidance and

Choices

Hospice of San Joaquin offers adult bereavement support services to the San Joaquin community. All services are offered at no charge and are available to any person or group who has experienced the death of a family member or friend.

♥ *Adult Bereavement Support Groups*

Hospice of San Joaquin facilitates twelve 6-week adult bereavement support groups in Stockton, Manteca and Lodi. These groups are intended for individuals who are grieving the death of someone they love, whether that death was two months ago or two years ago. The comfort of the groups comes from participants knowing that they are in a room full of people who truly do share their pain and their hope for healing.

Groups provide a safe environment to share feelings such as guilt, anger, fear or loneliness. Tears are accepted and even expected as they can be a sign of our love and healing. Participants discover ways to love, cherish and honor their deceased family members and friends and still be able to live hopeful and happy lives. Pre-registration is necessary for all groups and can be done by calling the Hospice of San Joaquin Bereavement Coordinator.

If an organization or institution has a group of 10 or more individuals who would like to participate in a group but are unable to attend

a group at our facility or an outreach facility, groups can be facilitated at the organization or institution's site



♥ *One-on-One Support*

For grieving individuals who are unable to commit to a support group due to work or family obligations, Hospice of San Joaquin also offers one-on-one meetings to help assist with specific tools to get through the grieving process. These meetings are by appointment only. Appointments can be made by contacting the Bereavement Coordinator.

♥ *Workshops*

Throughout the year, half-day specific workshops are offered to individuals in the community who would like to connect with others who have experienced the same type of loss (i.e. spouse, child, or parent). Dates for these grief specific workshops will be posted on the Hospice of San Joaquin website.

HOSPICE OF SAN JOAQUIN WEBSITE

Hospicesj.org

♥ *Community Education*

Hospice of San Joaquin also offers community education to businesses, nursing homes, medical staff, etc. in the form of presentations on the grieving process, dealing with those who are grieving and how to assist with healing.

♥ *Annual Memorial Service*

Each year Hospice of San Joaquin holds a Memorial Service. The service is open to the public and has a theme of hope and healing. Additional information can be found on the Hospice of San Joaquin website.

To find out more about the bereavement service offered by Hospice of San Joaquin and to learn how you and your family can benefit from these services, call **(208) 957-3888**. Get the information that can start you on the journey to healing.

HOSPICE
of **SAN JOAQUIN**



Let the healing begin. Call (209) 957-3888