

Do you?

Have deep feelings of sorrow?

Feel tightness in the throat or heaviness in the chest?

Have a change in eating patterns?

Feel guilty at times and angry at other times?

Feel restless and look for activity but find it difficult to concentrate?

Sense your deceased loved one's presence, and talk to him or her?

Wander aimlessly, forget things often, and don't finish things you've started?

Have difficulty sleeping and feel exhausted?

Feel the need to share the special qualities you valued in your loved one?

Feel your mood change over the slightest things?

Cry at unexpected times?

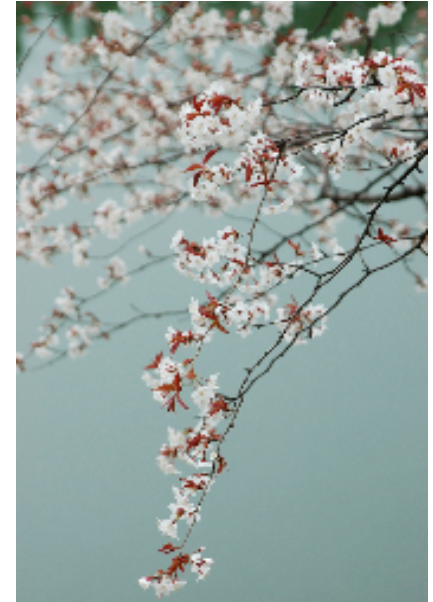
***These are all natural and normal
Grief Responses.***

And they are the price of loving.

Loving

&

Grieving



Hospice of Metropolitan Erie
202 East 10th Street
Erie, PA 16503

Phone: 814 456 6689
Fax: 814 456 8219

***“Grief is not a sign of weakness,
nor a lack of faith. It is the price
of love.”***

**Hospice of Metropolitan Erie
814 456 6689**

“No matter how deep your sorrow, you are not alone. Others have been there and will help share your load— if you will let them. Do not deny them the opportunity.”

Amy Hillard Jensen

Bereavement Services of Hospice Metropolitan Erie

We offer individuals and families help in dealing with natural and normal grief responses and the resulting pain.

Our staff recognizes that loss affects each member of the family regardless of age. And we understand that relatives and close friends may also experience grief.

The focus of Bereavement Services is loss and its affect on each person’s life and current functioning. Our goal is to help learn ways of coping with loss and the grief and pain that follow.

Helping People Cope

We do this in a number of ways for our Hospice families after the death of their loved one(s):

Individual Counseling

Phone Calls

Special Mailings

Grief Workshops (by age group)

Grief Support Groups

Memorial Services

Grief Educational Programs

Bereavement Services staff are experienced and trained to help individuals learn coping skills in a confidential and professional manner.

Referrals to other appropriate community resources are made as needed.

Support Groups

H.O.M.E. hosts monthly support group sessions:

**2nd Tuesday of every month at
7:00pm**

And

**3rd Thursday of every month at
10:00am**

Sessions are at the Hospice office

Responding to Community Needs

Our Bereavement Services are available to anyone in the community who is dealing with the death of a loved one.

As part of our community outreach, we offer grief educational programs to many local organizations including educators, PTA’s, health care providers, service organizations, and church groups.

Let Us Help You

To find out more about how our Bereavement Services can help you deal with your grief, or if your local organization is interested in learning more about dealing with loss, call us.

Hospice of Metropolitan Erie

814 456 6689

9:00 a.m.– 4:30 p.m.

Monday—Friday

Hospice is a Medicare certified program