

## Bereavement Support Groups

The death of a loved one can leave us with an overwhelming sense of loss. Emotional support that we receive from family and friends may not be enough to overcome our grief. We may become too reliant upon their attentions, placing an unnecessary burden on those we love.

At such times it can be invaluable to confide in someone who has also experienced the loss of a loved one. Such support can help deliver us from the depths of despair and assure us that we are not alone.



We Grieve Because We Have Lost

We Grieve Because We Have Loved

For more information about us, our team of Caregivers, grief support, frequently asked questions, or detailed discussions about our services, please visit us on-line at [www.HeartOfHospice.Org](http://www.HeartOfHospice.Org) or call our office at 541-386-1942.

The Non-Profit Heart of Hospice Foundation supports all Hospice patients in the community through its Mission of supporting Heart to Heart Care and providing emotional and financial support to Hospice patients and families in need.

For more information about volunteer opportunities or how to donate, visit us at [www.HeartOfHospiceFoundation.Org](http://www.HeartOfHospiceFoundation.Org)

Heart of Hospice, LLC  
205 Wasco Loop, Suite 202  
Hood River, OR 97031

**PH: 541-386-1942**  
**888-882-1942**

**FX: 541-386-1728**

Email:  
[info@HeartOfHospice.org](mailto:info@HeartOfHospice.org)

## Heart of Hospice Bereavement Program



Grief and Bereavement Support

*The only local independent Hospice  
Serving the Columbia Gorge*

**541-386-1942**  
**888-882-1942**

## Coping With Loss

None of us knows how debilitating death is until we experience it personally. The loss of someone we hold dear to us is a life-altering event. Our resilience and ability to deal with death may be very different than we anticipated. Most of us just need to know that we are not "going crazy". We need to know if our feelings are "normal".

*Heart of Hospice* can help you with your grief and feelings. We offer educational information and support groups. Our services don't end with the death of our patient. They continue for weeks, months, and sometimes years; however long it takes you to process your personal grief.

**Even if you were not a hospice family, this is an on-going community service, available at no cost to you.**

## Support Groups

Heart of Hospice sponsored Support Groups offer the opportunity to share your feelings, your fears, and your pain with others who have also experienced a loss.

The setting is casual, yet safe and compassionate.

As you are supported in coping with your loss, on this journey towards healing, you will learn how to cope with your loss and to eventually begin to heal. You will learn to truly embrace life and laugh once again.

Please call for more information.

**541-386-1942**

## Locations / Times

### Hood River:

Weekly on Tuesdays  
Call for Time and Location

### The Dalles:

Weekly on Thursdays  
Call for Time and Location

## To One in Sorrow

Let me come in where you are weeping,  
friend

And let me take your hand.

I, who have known a sorrow such as  
yours, can understand.

Let me come in – I would be very still  
beside you in your grief;

I would not bid you to cease your  
weeping, friend,

Tears bring relief.

Let me come in – and hold your hand.

For I have known a sorrow such as  
yours, and understand.

*Grace Noll Crowell*

Heart of Hospice is Medicare/Medicaid Certified

Heart of Hospice is the only local independent  
Hospice serving the Columbia Gorge

Accredited, Oregon Hospice Association (OHA)

Member, National Hospice and Palliative Care  
Organization (NHPCO)

**541-386-1942**