



Resources



Growth House

Grief information and chatroom resource
www.growthhouse.org

The Center for Loss

Assortment of articles and resources
for those who are grieving.
www.centerforloss.com

The Delta Society

The Human-Animal Health Connection

A variety of articles on pet loss and
links to other pet loss sites.
www.deltasociety.org

Solace Tree

A thoughtful and information packed grief site
for children and adults who support them.
www.solacetree.com

Suicide

A wonderful resource for those
surviving the grief of suicide.
www.sucidology.org

Practical Ideas for Managing Grief

Helpful articles with practical
ideas for coping with grief.
www.willowgreen.com

Widows/ers

An excellent site for widows and widowers.
www.widownet.org



SEASONS

Bereavement Services

Contact Us **(315) 376-5308**

*Lewis County Hospice
is an affiliate of
Lewis County General Hospital*



SEASONS

Bereavement Services



7785 North State Street
Lowville, NY 13367
Telephone: (315) 376-5308
www.lcgh.net



Adjusting to life without a loved one can be difficult.

We are here to help.

For Hospice Families

Lewis County Hospice provides comprehensive bereavement services to hospice families to facilitate the process of mourning and to support hospice families in their grief. Following the death of a patient, families are offered bereavement services for at least thirteen months.



For the Community at Large

All bereavement services are also available to the broader community and anyone who is grieving.

Bereavement Services

You choose the services that meet your needs.

Grief is not a disorder that needs to be treated. Our Bereavement Coordinator and volunteers walk with folks as they grieve. Adjusting to and accepting the loss is necessary versus working to "get over" the loss. Our services seek to help hospice families and the general community understand grief and identify their own strengths and supports.

Sessions — Our Bereavement Coordinator offers professional grief counseling for adults, couples, and families. We offer counseling for grief after death, sudden and traumatic loss, and coping with a life threatening illness. All services are free.

Support Groups & Grief Workshops are offered periodically. They provide a safe place for sharing experiences, exploring feelings, providing mutual support, and gaining insight into the grieving process. You will be notified when these are scheduled.

Spiritual Support — One of our Hospice Chaplains are available to meet with you.



A Good Listener — You could talk with a trained Bereavement Volunteer in your home or by phone. Volunteers often bring their own experiences with grief and loss and can offer peer support.

Hospice Memorial Garden is located at the Veteran's Memorial Park in Lowville. It is a quiet place to think, to remember and to reminisce.

Mailings — *The Grief Bulletin Series*
The mailings are sent at regular intervals and provide information on mourning. They give suggestions on how to manage grief.



SEASONS

BEREAVEMENT SERVICES

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