

PATHWAYS

To explore the path of your grief journey Sept.–Oct. 2017

Grieving Together

When her husband Mark died, Stephanie Carbonetta was 55 and her daughter Jacqueline was just 16 years old. Friends from church encouraged Stephanie to contact the Pathways Center for support. They attended the Coping Kids & Teens series in 2013, and it was there that she realized she wasn't alone. Stephanie said, "Before coming to the Pathways Center, Jacqueline didn't talk much about Mark. I felt I needed to be strong for her, so we didn't talk about how much I missed him. Through the Family Support series we both learned it was okay to be angry or sad, but most importantly we learned that we need to talk about our feelings and keep Mark's memory alive."



In the Coping Kids & Teens adult group, Stephanie learned that children and teens grieve differently than adults. Children still need to have fun and take a break from the pain of their grief. "I needed reassurance that Jacqueline would be okay – changed, yes, but okay." When asked what she would tell others who are bereaved and not currently accessing Pathways Center services, Stephanie said, "It was a safe place to come to, but getting there was the hardest part. I thought I should be able to work through the pain by myself. I would tell others who are dealing with a significant loss to be kind to yourself. Now I realize that grief is not a linear process but a step by step progression. It's normal for your feelings to be all over the place." Stephanie was so grateful for the support she and her daughter received through the Pathways Center that she wanted to give back. She recently completed Volunteer Training and now enjoys helping other bereaved individuals. "I never thought I would be where I am today. Life does go on."

Stephanie's daughter Jacqueline volunteered at Camp Chimaqua in June, 2017, supporting a young girl whose father also died. At the end of the weekend Jacqueline commented, "It has truly changed my life for the better and I'll be back for years to come."

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PATHWAYS CENTER for GRIEF & LOSS

4075 Old Harrisburg Pike
Mount Joy, PA 17552
(717) 391-2413
(800) 924-7610
(717) 391-2440 (En Español)
pathways@hospicecommunity.org
www.pathwaysthroughgrief.org



Supporting Grieving Children

Grief is the internal response you experience when you lose someone you care about. As soon as a person is diagnosed with an illness or has died, you begin the grieving process. This happens just as often with children as it does with adults yet, with children, it's often overlooked or misunderstood. The best way to help children during this time of change is to encourage them to express their feelings and ask questions. Children need reassurance that someone will be there to support them. They need to feel included in what is happening



in the family. When children are not included in this process, they feel isolated and are more anxious. They may fill in the unanswered questions with their own misconceptions, which will also increase their level of fear and anxiety. Ideas that might be helpful include the following:

- Maintain a routine, as this promotes security and safety.
- Be aware that children grieve intermittently.
- Expressive arts such as drawing, writing, painting, or working with clay can be very helpful, especially with children who are very young or not comfortable with talking.
- Gentle discipline is as important as hugs and kisses.
- When children ask a question, be sure to understand what they are asking. Ask "What do you think?" which encourages children to clearly state their thoughts.
- Use children's natural curiosity to help them deal realistically with death. The physical facts are of great interest to them so try not to perceive them as morbid or unusual.

Open, honest communication not only works to strengthen your relationship with your children, but it also enhances their ability to cope with difficult experiences in the future. Remember, grief expressed is grief diminished.

Coping Kids & Teens

Pathways Center counselors recognize that grief is experienced by the entire family – children, teens and adults. Amid serious illness and death, children and teens often are overlooked, yet their needs are significant. There is no charge for the Coping Kids & Teens program due to the generous support of the community. Services are offered at the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss.

Individual Grief Support

The Coping Kids & Teen program provides individual and family sessions for children impacted by the serious illness or death of a loved one. Call the Pathways Center for more information or to set up an appointment.

**Family Support Series: Thursdays, October 19–December 7 (excluding November 23)
6:00–7:30 p.m. (Registration deadline: October 6)**

Peer support groups are offered through the school year for children and teens who are grieving a significant death. During this series, families gather for a light supper before each group session. Children and teens meet in peer support groups and participate in activities to help them cope with their grief, while adults learn how to manage the challenges of parenting grieving teens and children. Families meet with a Coping Kids & Teens counselor to complete an assessment prior to attending to determine if the group will be helpful for your grieving child(ren). Call the Pathways Center for more information or to set up an appointment.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.

Calendar of Events

Many bereaved find it helpful to hear others' experiences with a loss after death. It is reassuring to realize that what you are going through is shared by others. Our support groups focus on grief education and support. Call us at **(717) 391-2413** or **(800) 924-7610** if you have questions or would like more information. If you do not see a grief support option that appeals to you, please call the Pathways Center to let us know how we can best help you.

Are you seeking bereavement support outside of South Central Pennsylvania? Visit www.nhpc.org, email pathways@hospicecommunity.org or call **(800) 924-7610**. The Pathways Center also offers online support and virtual counseling for those who cannot physically attend our groups. **See page 7 for more information.**

Drop-In Support Groups – No registration required

Groups are led by Masters level counselors and volunteers who have experienced the same type of loss. Groups provide time to share experiences and ask questions and are designed for those within the first two years following the death of a loved one. You are welcome to bring a supportive person with you.

Lancaster

Hospice & Community Care
685 Good Drive, Lancaster

Coping with the Loss of a Spouse or Companion

Tuesday, SEPTEMBER 19, 6:30–8:00 p.m.
Tuesday, OCTOBER 17, 6:30–8:00 p.m.

Mount Joy

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Coping with the Loss of a Spouse or Companion

Tuesday, SEPTEMBER 26, 2:00–3:30 p.m.
Tuesday, OCTOBER 24, 2:00–3:30 p.m.

Coping with the Loss of a Parent or Sibling

Tuesday, SEPTEMBER 5, 6:30–8:00 p.m.
Tuesday, OCTOBER 3, 6:30–8:00 p.m.

Coping with the Loss of a Child (of any age)

**Wednesday, SEPTEMBER 27
6:30–8:00 p.m.**
**Wednesday, OCTOBER 25
6:30–8:00 p.m.**

York

Luther Memorial Church
1907 Hollywood Drive, York

Coping with the Loss of a Spouse or Companion

Tuesday, SEPTEMBER 5, 2:00–3:30 p.m.
OR evening, 6:30–8:00 p.m.

**Tuesday, OCTOBER 3, 2:00–3:30 p.m. OR
evening, 6:30–8:00 p.m.**

Coping with the Loss of a Parent or Sibling

Tuesday, SEPTEMBER 12, 6:30–8:00 p.m.
Tuesday, OCTOBER 10, 6:30–8:00 p.m.



Calendar of Events

Support Group Series – Registration required

Mount Joy and York

Newly Bereaved Program

MOUNT JOY (a 3–week series)

Tuesdays, OCTOBER 10, 17 and 24, 2:00–3:30 p.m.

Tuesdays, NOVEMBER 14, 21 and 28, 6:30–8:00 p.m.

Tuesdays, DECEMBER 5, 12 and 19, 2:00–3:30 p.m.

(Registration deadline: one week prior to the start of the group)

**Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy**

YORK (a 2–week series)

Wednesdays, OCTOBER 18 and 25, 2:00–4:00 p.m.

(Registration deadline: October 11)

**Hospice & Community Care
224 St. Charles Way, Suite 200, York**

If your loss was recent, this series provides an overview of common grief responses and will help you to begin to identify coping tools. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

Mount Joy

Growing Through Grief

(a 6–week series)

**Mondays, OCTOBER 9 – NOVEMBER 13
6:00–8:00 p.m.**

(Registration deadline: October 4)

**Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy**

This free six–week support series is for adults (age 18 or older) who are grieving a death that occurred at least nine months ago. The group provides a safe place to explore how you have been impacted by your loss, who you are apart from your loved one, and how you continue to reorganize your life. Space is limited. Interested individuals will first meet with a bereavement counselor to determine if the group will meet your needs. Call by October 4 to schedule an appointment.



Spanish Support

Grief Support in Spanish

The Pathways Center for Grief & Loss's bilingual Bereavement Counselor, Deborah Gonzalez, MSW, is available to any bereaved individuals who speak Spanish. Call **(717) 391–2440** to leave a confidential message in Spanish and she will return your call.



Deborah Gonzalez, MSW

Consejería de Duelo en Español

El Centro De Pathways para Duelo y Pérdidas cuenta con una Consejera de Duelo bilingüe, Deborah Gonzalez, MSW, quien está disponible para reunirse con personas que están sufriendo la pérdida de un ser querido. Puede llamar al **(717) 391–2440** y dejar un mensaje confidencial en Español y se le devolverá la llamada.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.

Calendar of Events

Workshops

Mount Joy

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Grief's Toolbox: Men's Grief Group

Wednesday, SEPTEMBER 13
6:30–8:00 p.m.

Grief is hard work, especially if you don't feel equipped or supported. Join us at this men's group to learn about tools you can add to your "Grief Toolbox" to help you rebuild your life after loss. No registration needed.

Gentle Yoga (a 4-week series)

Fridays, SEPTEMBER 22, 29
and OCTOBER 6 and 13
11:00 a.m. – 12:30 p.m.

(Registration deadline: September 20)

Yoga can provide an effective way to process grief while addressing thoughts, behaviors, body and spirit. Join Kendra Campbell, Hospice social worker and yoga teacher, in this weekly class for adults designed to help relieve stress and body tension through the use of breath, reflection/meditation and gentle, easy yoga. Yoga is practiced in bare feet. Wear comfortable clothing, eat lightly and bring a mat. If you prefer, you may use a chair; no previous experience needed. Space is limited; registration required.



Mount Joy and York

Traveling Solo

YORK: Wednesday, SEPTEMBER 13
6:30–8:00 p.m.

(Registration deadline: September 11)

WellSpan Surgery and Rehabilitation Hospital
Apple Hill Health Campus (Community Room)
55 Monument Road, York

AND

MOUNT JOY: Wednesday, SEPTEMBER 27
6:30–8:00 p.m.

(Registration deadline: September 25)

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

After losing a loved one, it can be hard to find the time, money and initiative to travel. This workshop is led by local author Brenda Lee Sieglitz who was widowed herself at a young age. She will provide sample itineraries and contact information for various travel organizations. Space is limited; registration is required.

Finding Strength From Your Whispers

YORK: Wednesday, OCTOBER 11
6:30–8:00 p.m.

(Registration deadline: October 9)

WellSpan Surgery and Rehabilitation Hospital
Apple Hill Health Campus (Community Room)
55 Monument Road, York

AND

MOUNT JOY: Wednesday, OCTOBER 18
6:30–8:00 p.m.

(Registration deadline: October 16)

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

That persistent inner voice, your whispers, is trying to tell you something. This workshop will be led by author Kim Kluxen Meredith. She will help you learn how to tune in and let your whispers guide you on your grief journey to a more joyful life. For more information about Kim or her book, visit www.listenforthewhispers.com. Space is limited; registration is required.

Events

Walk for D.E.S.: Suicide Awareness & Prevention 5K Walk/Run

SATURDAY, SEPTEMBER 9, REGISTRATION BEGINS AT 9:30 A.M.

Walk/Run begins at 11:00 a.m.

Manheim Township Park, 209 Petersburg Road, Neffsville

Register online at www.walkfordes.org or call (717) 207-9634. Walk in memory of a loved one and raise funds to promote the awareness and prevention of suicide across Lancaster County.



Substance Overdose ... When a Loved One Dies

THURSDAY, SEPTEMBER 21, 6:30-8:00 P.M.

(Registration deadline: September 19)

**Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy**

Register at www.hospiceconnect.org/events.

This free community forum is geared towards family members and friends who have lost a loved one due to an overdose. The focus is on the emotions that may occur after this type of death and how to manage your grief. A panel comprised

of two parents who have lost adult children to overdose, an addictions and trauma therapist, and two grief counselors will each speak from their perspective. Register early; space is limited.

When Grief is Complicated (A Pre-Recorded Teleconference)

WEDNESDAY, OCTOBER 11, 8:00 A.M. – 11:15 A.M.

(Registration deadline: October 6)

OR

TUESDAY, OCTOBER 17, 1:00 P.M. – 4:15 P.M.

(Registration deadline: October 12)

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

After an overview of contemporary work on complicated grief, this program will explore creative strategies to support those struggling with complicated forms of bereavement. A local panel of experts will answer questions after this pre-recorded program. For continuing education credits, verify professional board approvals at www.hospicefoundation.org.

Register online at www.hospiceconnect.org/events.

There is no cost to attend. CE credits (2.5) are available online for \$21 through Hospice Foundation of America.



International Survivors of Suicide Loss Day

SATURDAY, NOVEMBER 18, 9:00 A.M. – 12:30 P.M.

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

A DVD produced by the American Foundation for Suicide Prevention will be shown. Opportunities to hear from a panel about their experiences will be offered at this free event. For more information, visit www.survivorday.org or contact Elaine Ostrum at the Pathways Center for Grief & Loss. Sponsored by Lancaster County Suicide Prevention Coalition.

Calendar of Events

Social Dine-Out Options

Do you feel as though your social environment has changed after the death of your loved one? Does it seem as though the only people who truly understand what you are going through are others who are also bereaved? The Pathways Center offers a variety of social options to choose from. Each participant pays for their own meal. These gatherings are facilitated by trained bereavement volunteers who have also experienced loss in the past.

Ladies Lunch – Lancaster

Wednesday, SEPTEMBER 20
11:00 a.m.–12:30 p.m.

Wednesday, OCTOBER 18
11:00 a.m.–12:30 p.m.

Mick's All American Pub
2201 Strickler Road, Mount Joy
No registration needed.

Ladies Lunch – York

Tuesday, SEPTEMBER 12
11:30 a.m.–1:00 p.m.

Tuesday, OCTOBER 10
11:30 a.m.–1:00 p.m.

Hoss's Steak & Sea House
3604 E. Market Street, York
No registration needed.

Men's Breakfast

Tuesday, SEPTEMBER 26, 8:00–9:30 a.m.

Tuesday, OCTOBER 24, 8:00–9:30 a.m.

The Centerville Diner
100 S. Centerville Road, Lancaster
No registration needed.

First Steps – Lancaster and York (for men and women)

LANCASTER: Saturday, SEPTEMBER 9
5:00 p.m.

Ichiban Japanese Steak & Seafood
1870 Fruitville Pike, Lancaster

HERSHEY: Saturday, OCTOBER 14
5:00 p.m.

Piazza Sorrento, 16 Briarcrest Square, Hershey
RSVP to Connie Whitacre at (717) 577-1138 or
connie@mpiroofing.com at least one week prior
to the event.

Individual Consultations

Sometimes it can be helpful to meet individually with a bereavement counselor. Call the Pathways Center for more information or to set up an appointment in Mount Joy, Lancaster or York.

New Online Grief Education and Support is Here for You!

Many grieving people find evenings and weekends to be particularly difficult times to cope after a loss. The Pathways Center offers online grief education 24/7. Explore our Composing Life Out of Loss videos. Simply go to www.pathwaysthroughgrief.org, click on "Grief Support" and select "Online Grief Education and Support." You will find a series of 10 videos that help you better understand your grief, 24/7. Just in time. What you need. When you need it. There for you.

Want to meet with a Pathways counselor, but your schedule or distance is a challenge?

The Pathways Center offers Virtual Meetings. Use your

computer, tablet/iPad, or smartphone/iPhone to connect with a counselor from the convenience of your home, office, or most anywhere. All you need is an internet connection and a webcam (usually built into your device). Your privacy is ensured with our HIPAA compliant technology.

With 24/7 access via your computer or mobile device you can also have your own private account for in-depth learning and to connect with others who are grieving. To arrange for a private account or schedule a Virtual meeting with our counselor, contact us at Pathways@hospicecommunity.org or **(717) 391-2413**.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.



PATHWAYS

The Pathways Center

You receive the Pathways newsletter free of charge for 16 months. If you would like to continue to receive this newsletter, call the Pathways Center.

The Pathways Center for Grief & Loss is a program of Hospice & Community Care. The Pathways Center offers the area's most comprehensive programs and services for individuals in the community affected by the serious illness or death of someone significant in their lives.

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike
Mount Joy, PA 17552

(717) 391-2413 or
(800) 924-7610

www.pathwaysthroughgrief.org



Also Available Through the Pathways Center

Workshops, in-services and trainings are available for anyone who is bereaved, as well as for those who support the bereaved. Contact the Pathways Center for more information

about how we could be a resource to you, your organization or someone you know.