Learning to Cope

A 21-year-old home from college for the summer, Jacqueline reminisced about her father who died at 55 just before her 17th birthday. Having already lost both sets of grandparents, it was now just Jacqueline and her mom left to figure out this new life without their beloved father and husband.

Jacqueline describes those first weeks and months after his death as being a blur. “Grief took a back burner, in part because I was so busy, but also because it was easier than dealing with the loss. Being stoic was one of the traits I inherited from my dad.” Though everyone at school knew her father had died, all of her friends still had both their parents and their grandparents, which made it difficult for people to understand how she was feeling.

When her mother suggested they learn more about the Coping Kids & Teens program at the Pathways Center for Grief & Loss, she agreed. Once she started attending the Family Support Series she realized how much she had been blocking her grief. “It wasn’t easy, but going to group helped me figure out what I was feeling and I learned how to express my grief. Coping Kids & Teens helped me work through the pain of losing my dad. My grief journey is an ongoing process. Coming to the Pathways Center taught me it’s something that will be with me forever and I’ve learned to understand and accept that. As an only child it is hard watching your parent grieve alone. Before coming to group I thought I had to be strong for my Mom and keep my feelings to myself.” She credits Coping Kids & Teens for gaining the tools she needed to cope.

Last summer Jacqueline volunteered for Camp Chimaqua, an overnight camp for grieving children. She was a buddy for an 8-year-old camper whose father also died. Though the camp experience was for the children, being there reminded her once again that she is still processing her grief. Regardless of where she is on her grief journey she says “I have so much to be grateful for and look forward to.”

~ Patti Anewalt, Director
Camp Chimaqua is an overnight weekend camp for grieving children ages 6-12. A trained adult buddy is individually paired with each child for companionship, support and supervision all weekend. Through group and individual activities, children learn to express their feelings and share memories of their loved ones. Campers enjoy fun activities such as swimming and making s’mores around a campfire as well as participating in grief related activities. A closing ceremony that includes family members is held the last day of camp.

Children meet with a counselor to determine if Camp Chimaqua will best meet their needs. Thanks to the Hospice Circle of Friends, registration is only $25 per child, and financial assistance is available. Call the Pathways Center to request an application or visit www.pathwaysthroughgrief.org. Applications must be received by May 11.

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 in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss.

**Individual Grief Support**

The Coping Kids & Teens program provides individual or 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, March 15 – April 26**  
(Registration deadline: March 2)  
6:00–7:30 p.m.

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 a death, while adults learn how to manage the challenges of parenting grieving teens and children. Families meet with a counselor to complete an assessment prior to attending to determine if the group will be helpful for your 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.
Reflections on Healing

Have you ever considered the similarities between your grief journey and the fading and renewal that occur in nature? The emptiness you experience on your grief journey is similar to that of a barren field that must be plowed and weeded to prepare for something new to grow. Just as this process takes place in nature, reflection on your memories can provide the seeds for future healing.

Grief work is painful. Tears may be a healing release for the feelings of sadness, anger and hurt that emerge with your loss. But not everyone is the same; some people never cry. Others shed tears much later, after shock and numbness wear off. What is important is that you find ways to express the uncomfortable feelings associated with your loss, rather than bottling up or blocking them. Some people need to keep busy, some seek physical outlets and some need to talk. Others might prefer to read about grief rather than talk about their loss.

As you continue the hard work of coping with your loss, you will begin to reorganize your life and prepare the ground for your next new season of growth. Consider attending a Pathways Center support group as a way of helping you understand this process.

Online Grief Education and Support

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. What you need. When you need it. 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. Your privacy is ensured with our HIPAA compliant technology.

When the Weather Outside is Frightful...

Turn to WGAL Channel 8 or WDAC 94.5, WARM 103 or www.fun1013.com for cancellations or postponements of Pathways Center programs.

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 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.nhpco.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 3 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. They provide time to share experiences and ask questions. Groups 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.

<table>
<thead>
<tr>
<th>Lancaster</th>
<th>York</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospice &amp; Community Care</td>
<td>Luther Memorial Church</td>
</tr>
<tr>
<td>685 Good Drive, Lancaster</td>
<td>1907 Hollywood Drive, York</td>
</tr>
</tbody>
</table>

- **Coping with the Loss of a Spouse or Companion**
  - Tuesday, MARCH 20, 6:30-8:00 p.m.
  - Tuesday, APRIL 17, 6:30-8:00 p.m.

- **Coping with the Loss of a Parent or Sibling**
  - Tuesday, MARCH 6, 6:30-8:00 p.m.
  - Tuesday, APRIL 3, 6:30-8:00 p.m.

- **Men’s Grief Group** (for men only)
  - Wednesday, APRIL 11, 6:30-8:00 p.m.

- **Coping with the Loss of a Spouse or Companion**
  - Tuesday, MARCH 27, 2:00-3:30 p.m.
  - Tuesday, APRIL 24, 2:00-3:30 p.m.

- **Coping with the Loss of a Child** (of any age)
  - Wednesday, MARCH 28, 6:30-8:00 p.m.
  - Wednesday, APRIL 25, 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, MARCH 6, 6:30-8:00 p.m.
  - Tuesday, APRIL 3, 6:30-8:00 p.m.

- **Coping with the Loss of a Parent or Sibling**
  - Wednesday, MARCH 14, 6:30-8:00 p.m.
  - Wednesday, APRIL 11, 6:30-8:00 p.m.

Lancaster

Hospice & Community Care
685 Good Drive, Lancaster

- **Coping with the Loss of a Spouse or Companion**
  - Tuesday, MARCH 20, 6:30-8:00 p.m.
  - Tuesday, APRIL 17, 6:30-8:00 p.m.
# Calendar of Events

## Support Group Series — Registration required

<table>
<thead>
<tr>
<th>Mount Joy and York</th>
<th>Mount Joy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newly Bereaved Program</strong></td>
<td><strong>Pathways Center for Grief &amp; Loss</strong></td>
</tr>
<tr>
<td><strong>MOUNT JOY (a 3–week series)</strong></td>
<td>4075 Old Harrisburg Pike, Mount Joy</td>
</tr>
<tr>
<td>Wednesdays, APRIL 11, 18 and 25 10:00-11:30 a.m.</td>
<td><strong>Coping with Suicide Loss (a 6-week series)</strong></td>
</tr>
<tr>
<td>Tuesdays, MAY 8, 15 and 22 6:30-8:00 p.m.</td>
<td>Mondays, MARCH 19 – APRIL 23 6:30-8:30 p.m.</td>
</tr>
<tr>
<td>Wednesdays, JUNE 13, 20 and 27 10:00-11:30 a.m.</td>
<td>(Registration deadline: March 12)</td>
</tr>
<tr>
<td>(Registration deadline: one week prior to the start of the group)</td>
<td>This support series is for any adult (age 18 or older) who is grieving a death from suicide that occurred at least four months ago. The group provides a safe place to share your questions and pain, and offers the healing support of others who have had a similar experience. Space is limited; registration is required. Call to discuss with a bereavement counselor.</td>
</tr>
<tr>
<td>Pathways Center for Grief &amp; Loss 4075 Old Harrisburg Pike, Mount Joy</td>
<td><strong>Growing Through Grief (a 6-week series)</strong></td>
</tr>
<tr>
<td><strong>YORK (a 2–week series)</strong></td>
<td>Wednesdays, MAY 2 – JUNE 6 6:00-8:00 p.m.</td>
</tr>
<tr>
<td>Wednesdays, APRIL 18 and 25 6:00-8:00 p.m.</td>
<td>(Registration deadline: April 25)</td>
</tr>
<tr>
<td>Wednesdays, JUNE 20 and 27 2:00-4:00 p.m.</td>
<td>This 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 to schedule an appointment.</td>
</tr>
<tr>
<td>(Registration deadline: one week prior to the start of the group)</td>
<td></td>
</tr>
</tbody>
</table>

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.

## 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.

**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 – Registration required

Lancaster

Pottery Play

Tuesday, APRIL 10, 6:00-8:00 p.m.
(Registration deadline: April 3)
Kevin Lehman Studio / Lancaster Creative Factory
560 S. Prince Street, Lancaster

This workshop for adults provides an opportunity for you to make a memory tile under the guidance of local potter Philip Kreider. A $25 fee covers all materials and is due at time of registration. Space is limited. If interested, call to discuss with a bereavement counselor. No refunds after April 3.

GENTLE YOGA (a 3-week series)

Wednesdays, MAY 2, 9 and 16
6:00-7:15 p.m.
(Registration deadline: April 25)
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Join Kendra Campbell, Hospice social worker and yoga teacher, in this introductory gentle yoga class for adults designed to help relieve stress and body tension through the use of breath, reflection/meditation and movement. Yoga is practiced without shoes. Wear comfortable clothing, avoid eating a large meal prior to class. Bring a mat or you may use a chair. No previous experience needed. Space is limited; registration required. A $20 fee is due at time of registration. No refunds after April 25.

Social Dine-Out Options

Do you feel as though the opportunities to socialize have 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

Wed., MARCH 21, 11:00 a.m.-12:30 p.m.
Wed., APRIL 18, 11:00 a.m.-12:30 p.m.
Mick’s All American Pub
2201 Strickler Road, Mount Joy
No registration needed. For more information, contact Marie Roach at (717) 392-8823.

Ladies Lunch – York

Tuesday, MARCH 13, 11:30 a.m.-1:00 p.m.
Tuesday, APRIL 10, 11:30 a.m.-1:00 p.m.
Hoss’s Steak & Sea House
3604 E. Market Street, York
No registration needed. For more information, contact Fran Braun at (717) 872-7886.

Men’s Breakfast – Lancaster

Tuesday, MARCH 27, 8:00-9:30 a.m.
Tuesday, APRIL 24, 8:00-9:30 a.m.
The Centerville Diner
100 S. Centerville Road, Lancaster
No registration needed. For more information, contact Dan Farmer at (717) 898-7553.

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

LANCASTER: Saturday, MARCH 10
5:00 p.m.
Fiorentino’s Italian Restaurant
(at the Lancaster Airport) 500 Airport Road, Lititz

YORK: Saturday, APRIL 14, 5:00 p.m.
oak. Restaurant, Heritage Hills Golf Resort
2700 Mt. Rose Avenue, York
RSVP to Connie Whitacre at (717) 577-1138 or connie@mpiroofing.com at least one week prior to the event.

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

Other Options

SERVICE OF REMEMBRANCE

Sunday, MARCH 11, 2:00 p.m.
Highland Presbyterian Church
500 E. Roseville Road, Lancaster
—and—
Sunday, MARCH 18, 2:00 p.m.
Luther Memorial Church
1907 Hollywood Drive, York

All are welcome to attend our annual Service of Remembrance in memory of loved ones who died in 2017. Hospice & Community Care chaplains Melissa Kreider, Deborah Miley and Ellen Good will provide words of reflection. Child care is available at the Lancaster service only. No registration needed.

GRASP (Grief Recovery After a Substance Passing)

Tuesday, MARCH 13, 6:30-8:00 p.m.
Tuesday, APRIL 10, 6:30-8:00 p.m.
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

This monthly group helps provide sources of help, compassion, and understanding for families or individuals who have had a loved one die as a result of substance abuse or addiction. Pre-registration for new attendees is required. For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.

CELEBRATE LIFE 5K

Saturday, APRIL 21
9:00 a.m. Registration
10:00 a.m. Memorial Lap
Millersville University Biemesderfer Stadium
Register at www.hospiceconnect.org/events

Run or walk all or part of the 5K course, or participate in the memorial lap only. Course and stadium are accessible to people with disabilities. For more information, contact Natalie Scolnick at nscolnick@hospicecommunity.org or (717) 735-2497.

REMEMBERING OUR MOTHERS

Saturday, MAY 12, 9:30 a.m.-12:00 noon
(Registration deadline: May 8)
Enck’s Banquet and Conference Center
1461 Lancaster Road, Manheim

This annual Mother’s Day breakfast provides women whose mothers have died the opportunity to remember, honor and celebrate their mothers’ lives. Join us to hear Carol Cool, local speaker and author, whose keynote presentation will be “Antiques and Heirlooms: Living Our Legacy.” Registration and payment of $18 must be received by May 8. No refunds after May 8. Register online at www.hospiceconnect.org/events or call (717) 391-2413 or (800) 924-7610. Space is limited. Grateful thanks are extended to an anonymous donor for this event.

PATH OF REMEMBRANCE

Sunday, MAY 20, 2:00 p.m.
Bob Fryer & Family Inpatient Center
4075 Old Harrisburg Pike, Mount Joy

Purchase your memorial brick and join us at the Path of Remembrance brick dedication. Visit www.hospiceconnect.org/path or call (717) 295-3900 to purchase your brick by March 31.

Presented by—

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.

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