



PATHWAYS

To explore the path of your grief journey

July–August 2023

When Grief is New and Intense

There are plenty of articles and books written on the topic of grief, yet little seems to be written about how intense grief can be when you've just learned about the diagnosis, or soon after a death. If you have never before experienced such intensity, it can be scary. You may wonder whether you will ever be happy again. And yet there are those of you reading this who remember that pain but, thank goodness, are now in a different, less intense emotional state.

The key to coping with grief when it is new to you is to be observant. Think about what is going on both within and around you. Note how your body is reacting. Pay attention to your thinking — are you finding it hard to focus? You may be struggling with a lot of questions. Perhaps you are functioning on automatic pilot at this point. Try not to look too far ahead. Instead, think about what you need to do in the next hour, or what you need to accomplish today.

Anxiety is often a large part of early grief. Pause momentarily throughout the day, to look within yourself and try to observe where your anxiety is coming from. Take some time, regularly, to pay attention to your grief reactions. The 'answer' as to how to tend to these reactions will usually appear. Make sure you are getting enough to eat and try to get enough sleep because anxiety is always worse when you are lacking in these basic physical needs.

Often in early grief people feel isolated and alone, as if no one else understands what they are going through. If it has been between one and four months since your loved one died, consider attending one of our Newly Bereaved three-week series. A common response after attending is "It was so good to be able to be with others who understand exactly what I was feeling. I knew I was not alone."

—Patti Anewalt, Bereavement Counselor

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PATHWAYS CENTER for GRIEF & LOSS

The E. E. Manny Murry Center
4075 Old Harrisburg Pike
Mount Joy, PA 17552

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

(717) 391-2413 • (888) 282-2177
(717) 391-2440 (En Español)
pathways@hospicecommunity.org
www.pathwaysthroughgrief.org



Coping Kids & Teens

Family Support Series

Thursdays, Oct. 12–Nov. 16

6:00–7:30 p.m.

(Registration deadline:
September 27)

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



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 supporting their grieving family. 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.

Pathways Center counselors recognize that grief is experienced by the entire family – children, teens and adults. When there is a serious illness or death, children are often overlooked, yet their needs are significant. The Coping Kids & Teens program provides a safe atmosphere for children, teens and families to learn about grief, develop coping skills and build self-confidence.

Three six-week support series are held throughout the school year for children and adolescents who are grieving a significant death. The Coping Kids & Teens program also offers individual and family sessions for children and teens impacted by the serious illness or death of a loved one.

There is no charge for any of these programs 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.

"We are powerless to control the losses and catastrophic events our children may need to face. But by honoring their inner wisdom, providing mentorship, and creating safe havens for expressions, we can empower them to become more capable and more caring human beings."

—Linda Goldman, *Raising Our Children To Be Resilient*

Age 50 & Under: Coping with the Loss of a Spouse or Companion Support Group

**Fourth Wednesday every month
6:00–7:30 p.m.**

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

**Register online at
pathways.hccnet.org/groups
or call the Pathways Center.**



If you have lost a spouse or companion at a young age, you may experience many unique challenges. You might feel isolated in your grief, as many of your friends have not lost a spouse or companion. It may seem as though others don't understand or relate to what you are going through. Perhaps you feel resentful or jealous of those who have had many years together, while you have not. Others may insensitively minimize your grief by suggesting you'll find someone else.

You may also experience many secondary losses, such as the loss of the future you planned together. Perhaps you are now a single parent or stepparent raising children without the help of your partner. Maybe you struggle to address your children's questions and fears, while also paying attention to your own grief.

Recognizing these unique needs, the Pathways Center for Grief and Loss has recently started an Age 50 & Under: Coping with the Loss of a Spouse or Companion support group. This is a safe space where you can share your experiences with others that have had a similar loss.



Individual Grief Support

The Pathways Center offers individual grief consultation for adults, children, teens and families at our offices in Mount Joy and York. Individual sessions by phone or online via Zoom are also an option. Counselors are available any time Monday through Friday, 8:00 a.m.–5:00 p.m. Evening appointments may sometimes be arranged. Call the Pathways Center for more information or to set up an appointment.

Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

CALENDAR OF EVENTS

Many people who are grieving 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 groups focus on grief education and support. If you do not see something that appeals to you, please call to let us know how we can best help you.

Loss-Specific Support Groups — Registration required

Groups are led by Master's-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 individuals within the first two years following the death of a loved one.

Registration deadline is one week prior to the group.

Register online at pathways.hccnet.org/groups or call the Pathways Center.



IN-PERSON OPTIONS

MOUNT JOY

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

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

Monday, JULY 17, 6:30–8:00 p.m.

Monday, AUGUST 21, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, JULY 11, 6:30–8:00 p.m.

Tuesday, JULY 25, 2:00–3:30 p.m.

Tuesday, AUGUST 8, 6:30–8:00 p.m.

Tuesday, AUGUST 22, 2:00–3:30 p.m.

AGE 50 & UNDER:

Coping with the Loss of a Spouse or Companion

Wednesday, JULY 26, 6:00–7:30 p.m.

Wednesday, AUGUST 23, 6:00–7:30 p.m.



YORK

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250

Coping with the Loss of a Spouse or Companion

Tuesday, JULY 18, 2:00–3:30 p.m.

Tuesday, AUGUST 15, 2:00–3:30 p.m.

VIRTUAL OPTIONS (via ZOOM)

Coping with the Loss of a Parent or Sibling

Tuesday, JULY 11, 6:30–8:00 p.m.

Tuesday, AUGUST 1, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Wednesday, JULY 5, 6:30–8:00 p.m.

Wednesday, AUGUST 2, 6:30–8:00 p.m.

CALENDAR OF EVENTS

Support Series — Registration required

Newly Bereaved Program (3-week series)

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

Tuesdays, JULY 11, 18 and 25
2:00–3:30 p.m.

Wednesdays, AUGUST 9, 16 and 23
6:30–8:00 p.m.

Tuesdays, SEPTEMBER 12, 19 and 26
2:00–3:30 p.m.

Registration deadline:
one week prior to the start of the group.

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.

GROWING THROUGH GRIEF

(6-week series)

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

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

Registration deadline: September 28

This six-week educational series is for adults (age 18 or older) who are approaching or past the year anniversary of the death of a loved one. 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; registration required. Interested individuals will first meet with a bereavement counselor to determine if the group will meet your needs. Call to schedule an appointment.

COPING WITH OVERDOSE LOSS

(6-week series)

Wednesdays, AUGUST 30–OCTOBER 4
6:30–8:00 p.m.

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

Registration deadline: August 18

This six-week support series is for any adult (age 18 or older) who is grieving a death from an overdose that occurred at least four months ago. The group provides a safe place to share your questions and painful experiences with others who will understand and offers the healing support that is found when others have had a similar experience. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.



"Just being with other people who were also going through grief was so helpful, hearing their coping strategies and the answers to their questions. We shared our grief but didn't dwell on death. We gained new ideas about how to cope."

—Joan Dautrich

CALENDAR OF EVENTS

Other Options

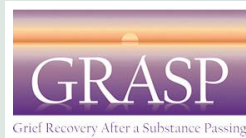
GRASP (Grief Recovery After a Substance Passing)

Tuesday, JULY 18, 6:30–8:00 p.m.

Tuesday, AUGUST 15, 6:30–8:00 p.m.

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

Pre-registration for new attendees is required.



This monthly group provides 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. For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.

Bereavement Workshop: THE NATURE OF SUDDEN DEATH

Thursday, AUGUST 10, 6:30–8:00 p.m.

**The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York**

Registration deadline: August 3

—OR—

Thursday, AUGUST 24, 6:30–8:00 p.m.

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

Registration deadline: August 17



Sudden death can shatter your sense of order, leaving you with a greater sense of vulnerability and anxiety. The grief process is often very different from an expected and anticipated death. This free workshop identifies the uniqueness of this type of loss and offers some strategies to cope.

Space is limited and registration is required.

International Overdose Awareness Day Event

**Thursday, AUGUST 31
7:00–8:30 p.m.**

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

Register early;
space is limited.



International Overdose Awareness Day (OAD) is observed all over the world on August 31. It is a day to acknowledge the grief felt by families and friends remembering those who have died from a drug overdose and serves to reduce the stigma of a drug-related death. Our keynote speaker, Lori Kuhn, RN-BC, Certified Grief Counselor, Grief Recovery Method Specialist, has been personally impacted by the death of her daughter from an overdose. Losing her only child as well as her husband within a four-year period, Lori will talk about how she navigated the transition from complete devastation to becoming happy again “at a level I never thought would ever be possible.”

For more information or to register, visit www.HospiceCommunity.org/oad or call the Pathways Center.



Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

CALENDAR OF EVENTS

Social Dine-Out Options

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

Wednesday, JULY 26, 11:30 a.m.–1:00 p.m.

Wednesday, AUGUST 23, 11:30 a.m.–1:00 p.m.

Loxley's Restaurant
500 Centerville Road, Lancaster

RSVP to Marie Roach at
(717) 823-9889 (text or telephone)
or pathways@hospicecommunity.org
by noon the day before the event.

Dinner Out (for men and women)

Saturday, JULY 8, 2:00 p.m.

Silver Spring Family Restaurant
3653 Marietta Avenue, Lancaster

Saturday, AUGUST 12, 2:00 p.m.

Hoss's Steak & Sea House
3604 E. Market Street, York

RSVP to Connie Whitacre at (717) 577-1138
or pathways@hospicecommunity.org
at least three days prior to the event.



Get to know Pathways Center Staff

Laura Carey is one of the newest Pathways Center bereavement counselors, but she is certainly not new to Hospice & Community Care. For the last 23 years she has been a Hospice social worker supporting Hospice patients and their families. In the early months of the pandemic, she served on Hospice & Community Care's Covid Team, being available to all Covid patients 24 hours a day, seven days a week. Prior to Hospice Laura had worked in community mental health, at a hospital, and in nursing home social work as well as with individuals diagnosed with HIV. Laura joined the Pathways team in January of 2023, providing individual counseling, facilitating a Loss of Spouse group, and some of the Newly

Bereaved series. She also facilitates the parent groups for the Coping Kids & Teens Family Support series during the school year. Laura finds it gratifying to accompany others on their grief journey as they discover ways to remain connected to their loved one while moving forward in their lives. In her free time, Laura is a runner, enjoys attending plays and concerts, and sings in a community chorus.

Support for Caregivers

If you are caring for a loved one who is near end of life, who is caring for you? Hospice & Community Care offers an online support group for caregivers of patients who are receiving support from Hospice & Community Care. Offered the third Thursday of every month, 6:30-8:00 p.m., the sessions are facilitated by a Master's-level counselor and a trained volunteer who has been a caregiver. To receive the link to participate in this free virtual opportunity, call (717) 391-2413 to speak with a counselor.

Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.



PATHWAYS

The Pathways Center

You will 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.

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Also Available Through the Pathways Center

Workshops, in-services and trainings are available for those who support the bereaved. Are you seeking grief support outside of South Central Pennsylvania? Visit www.nhpco.org or call the Pathways Center to find support closer to your home. Contact the Pathways Center for more information about how we could be a resource to you, your organization or someone you know.