As the sun beat down on her face, suitcase in hand, Grace Lynch was taking her first step toward coping with the loss of her younger sister, Olivia, at Camp Chimaqua. And Grace wasn’t alone. Several children, just like her, were facing their grief that weekend head on. While Grace attended camp two years ago, it still has a memorable impact on her life... as it does for all campers. “This was Grace’s first sleepover camp, which was exciting in and of itself,” commented Kelly Lynch, Grace’s mother. Camp Chimaqua is an overnight weekend camp for grieving children. Through group and individual activities, children learn how to express their feelings and share memories of their loved ones. Campers enjoy fun activities such as a bubble slide and making s’mores around a campfire, as well as participating in grief-related activities. A trained adult buddy is paired with each child for companionship, support, and supervision throughout the weekend. “The bond between the buddies and campers is so memorable,” commented camp buddy, Heather Groff and Grace’s buddy, “To be with these children as their cheerleader, supporter, and protector while they’re expressing their feelings is so special.” Kelly explained, “There were times when Grace felt shy about participating in certain activities. Her buddy was wonderful and helped her to feel safe and supported while encouraging her. Even years later, this has been an incredible memory for Grace.” For more information about this year’s Camp Chimaqua, see page 2.
Camp Chimaqua is an overnight weekend camp for grieving children ages 6-12. Registration is $25 per child and financial assistance is available. Children meet with a Pathways Center counselor to determine if Camp Chimaqua will best meet their needs. Call the Pathways Center to request an application or visit www.pathwaysthroughgrief.org. Applications must be received by May 1. Registration is on a first-come; first-served basis.

Family Support Series
Thursdays, March 12—April 16 (Registration deadline: Feb. 28)
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 supporting 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.

Individual Grief Support
The Coping Kids & Teens program provides individual and family sessions for children and teens impacted by the serious illness or death of a loved one. Call the Pathways Center for more information or to set up an appointment.
Reflections on Healing

Have you ever considered the similarities between your grief journey and the fading and renewal that occurs in nature? The emptiness you experience when grieving 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.

Memorial Brick

Hospice & Community Care offers a meaningful way to honor and remember someone special in your life through the purchase of a commemorative brick. Your donation of $125 provides an engraved brick placed on the Path of Remembrance, a memorial path that wanders through the grounds of The E. E. Manny Murry Center. A brick may also be purchased for your home or garden. All orders received by April 17, 2020 will be part of the Path of Remembrance Dedication on June 14. Bricks are available to anyone regardless if care was provided by Hospice & Community Care. Orders may be placed at www.hospiceconnect.org/path or by contacting the Development Office at (717) 295-3900.

Sponsored by—

Charles E. Snyder Funeral Homes & Crematory

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Many people grieving 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 groups focus on grief education and support. If you do not see something that appeals to you, please call us to let us know how we can best help you.

**Drop-In Support Groups — No 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 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, MARCH 17, 6:30–8:00 p.m.  
- Tuesday, APRIL 21, 6:30–8:00 p.m.

**York**

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

**Coping with the Loss of a Spouse or Companion**

- Wednesday, MARCH 4, 6:30–8:00 p.m.  
- Tuesday, MARCH 17, 2:00–3:30 p.m.  
- Wednesday, APRIL 1, 6:30–8:00 p.m.  
- Tuesday, APRIL 21, 2:00–3:30 p.m.

**Mount Joy**

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

**Coping with the Loss of a Parent or Sibling**

- Tuesday, MARCH 3, 6:30–8:00 p.m.  
- Tuesday, APRIL 7, 6:30–8:00 p.m.

**Coping with the Loss of a Spouse or Companion**

- Tuesday, MARCH 24, 2:00–3:30 p.m.  
- Tuesday, APRIL 28, 2:00–3:30 p.m.

**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.
Support Group Series – Registration required

Mount Joy and York

Newly Bereaved Program (a 3-week series)

MOUNT JOY

- Tuesdays, MARCH 10, 17 and 24
  - 6:30–8:00 p.m.
- Wednesdays, APRIL 8, 15 and 22
  - 10:00–11:30 a.m.
- Tuesdays, MAY 12, 19 and 26
  - 6:30–8:00 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

Wednesdays, MARCH 11, 18 and 25
- 6:30–8:00 p.m.
Registration deadline: March 4
The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, 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.

Growing Through Grief (a 6-week series)

MOUNT JOY

- Mondays, APRIL 13 – MAY 18
  - 6:00–8:00 p.m.
Registration deadline: April 6
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

 YORK

- Thursdays, APRIL 16 – MAY 21
  - 6:00–8:00 p.m.
Registration deadline: April 9
The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

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 the Pathways Center to schedule an appointment.

Mount Joy

Mindfulness and Grief: Practical Tools for Living
(a 3-week series)

- Fridays, APRIL 10, 17 and 24
  - 12:30–2:30 p.m.
Registration deadline: April 3
Pathways Center for Grief & Loss,
4075 Old Harrisburg Pike, Mount Joy

Grief over the death of a beloved person triggers many uncomfortable emotions and thoughts. Many people respond by avoiding these uncomfortable feelings. This series will address the benefits of practicing mindfulness as a tool for being present with your grief and improving your overall well-being. Marygrace Lomboy, CRNP, Hospice & Community Care will provide several forms of mindfulness to practice each week and help you connect mindfulness tools to common grief reactions. Space is limited and registration is required.
Calendar of Events

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 grieving? 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, MARCH 18
  11:30 a.m.–1:00 p.m.
- Wednesday, APRIL 15
  11:30 a.m.–1:00 p.m.
  Garfield’s Restaurant, 222 Eden Road, Lancaster
  No registration needed. For more information, contact Marie Roach at (717) 392-8823.

Ladies Lunch — York
- Tuesday, MARCH 10, 11:30 a.m.–1:00 p.m.
- Tuesday, APRIL 14, 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
- Tuesday, MARCH 24, 8:00–9:30 a.m.
- Tuesday, APRIL 28, 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.

Dinner Out (for men and women)
- Saturday, MARCH 14, 2:00 p.m.
  Hoss’s Steak & Sea House
  3604 E. Market Street, York
- Saturday, APRIL 11, 2:00 p.m.
  Fiorentino’s Italian Restaurant
  500 Airport Road, Lititz
  RSVP to Connie Whitacre at (717) 577-1138 or connie@mpiroofing.com at least three days prior to the event.

Spanish Support

Grief Support in Spanish
The Pathways Center for Grief & Loss’ 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 or if you wish to receive our Spanish newsletter.

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 o si desea recibir el bulletin Caminos Hacia La Esperanza.

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

Other Options

GRASP (Grief Recovery After a Substance Passing)

**Tuesday, MARCH 10, 6:30–8:00 p.m.**
**Tuesday, APRIL 14, 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.

"Every seashell is tangible evidence of a life that leaves a lasting legacy."
— Kevin Frain, Hospice & Community Care Chaplain

**SERVICE OF REMEMBRANCE**

All are welcome to attend our annual Service of Remembrance in memory of loved ones who died in 2019. Hospice & Community Care chaplains Kevin Frain, Sara Wiegner and Ray Christman will provide words of reflection. No registration needed.

**REMEMBERING OUR MOTHERS**

**Saturday, MAY 9, 9:30 a.m.–12:00 noon**
Lancaster Country Club, 1466 New Holland Pike, Lancaster

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 Deborah Miley, M.Div, Hospice chaplain and former hospital chaplain, present “Still My Mother.” **Registration and payment of $18 must be received by April 27.** Register online at [www.hospiceconnect.org/events](http://www.hospiceconnect.org/events) or call (717) 391-2413 or (800) 924-7610. Space is limited.

**NEW LOCATION**

**A Christian Service**
**Sunday, MARCH 22, 2:00 p.m.**
Highland Presbyterian Church
500 E. Roseville Road, Lancaster

—and—

**A Secular Service**
**Sunday, MARCH 29, 2:00 p.m.**
Kuhner Associates Funeral Directors, Inc.
863 S. George Street, York

**When the Weather Outside is Frightful . . .**

Turn to **WGAL Channel 8, WDAC 94.5 or WARM 103** 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.
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.