Grief changes everything. One reason the loss of a loved one can be so hard to bear is that everyone and everything around you is different. Those you may have depended on for support in the past simply may not understand or be comfortable with your sadness and vulnerability. Grief can intensify stress in relationships. All the changes that have happened with the global pandemic have further complicated matters and added even more changes. Everything may seem hard—even the simplest tasks can seem overwhelming. Believe it or not, you are making progress in this journey you are on, but you are probably the last person to realize this. Everyone needs to handle grief in their own way and this takes time to discern. Practicing patience can be a challenge.

It is important to honestly reflect on your needs. Pay attention to your feelings and listen—without judgment—to your heart. Spend time with people who can recognize, hear and support you. Ask them for what you need. Specific requests work best such as “I’d like to talk this out with you,” or “Just sit here quietly with me for a while.” You might want them to visit more often, check in by phone or run an errand. Remember that many people care about you and want to help, but they may be unsure how to help. Perhaps you feel your grief is too much for some of your friends or family members. This may be the time to explore a new source of support, such as a support group or an individual visit with one of our bereavement counselors. Most of the services at the Pathways Center are free of charge and available to anyone, not just those whose loved ones received Hospice care. The Pathways Center grief counselors are here for you.

~ Patti Anewalt, Director
**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 is 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 more anxious.

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; it also enhances their ability to cope with difficult experiences in the future. Remember, grief expressed is grief diminished.

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**Coping Kids & Teens**

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 through individual and group services. There is no charge for the 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.

**Family Support Series**

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.

**Thursdays**

October 14–November 18
6:00–7:30 p.m.

(Registration deadline: September 29)

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

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

Q Everything happened so quickly when my wife died. I feel guilty about a lot of things lately. I keep thinking about what I wish I had said and done differently. When people tell me I shouldn’t feel guilty, I wonder what’s wrong with me.

A Having regrets is common after someone dies. Many people struggle with thoughts such as “If only …” or “I should have …” This can lead to feelings of guilt that might, at times, be extreme.

It is not wrong or bad to feel guilty. In reality, it may actually be speaking to the depth of the love you have for the person who died.

Take a closer look at your thoughts about what you wish you had said and done differently. Guilty feelings will not change or disappear on their own. Over time, they can feel like a heavy burden. What can you do with these “if only” thoughts about the past? Consider the following suggestions to keep your feelings in perspective:

• Am I judging myself in the same way I would someone else? Would I tell someone else they should feel guilty?

• Were my actions intentional wrongdoing or, instead, were they the actions of anyone under stressful circumstances trying to make the best decisions and give the best possible care?

• Recognize your feelings of guilt as common and a sign of the love you will always have.

• Understand that many people experience conflicting feelings.

• Be accepting of yourself, your human errors or imperfections.

• Share your feelings with someone you trust or a Pathways counselor.

• Most importantly, allow your feelings to serve as a guide to what you need, rather than a burden you must bear.

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.

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.
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.

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 within the first two years following the death of a loved one. We will be adhering to all of the Center for Disease Control recommended guidelines for in-person support groups. Call us at (717) 391-2413 or (800) 924-7610 or visit www.PathwaysThroughGrief.org for status updates on our in-person support groups.

IN-PERSON OPTIONS
Registration required.

LANCASTER
The Essa Flory Center
Hospice & Community Care
685 Good Drive

Coping with the Loss of a Spouse or Companion
Tuesday, OCTOBER 12
6:30-8:00 p.m.

MOUNT JOY
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

Coping with the Loss of a Spouse or Companion
Tuesday, SEPTEMBER 14
6:30-8:00 p.m.
Tuesday, SEPTEMBER 28
2:00-3:30 p.m.
Tuesday, OCTOBER 26
2:00-3:30 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, SEPTEMBER 21, 2:00-3:30 p.m.
Tuesday, OCTOBER 19, 2:00-3:30 p.m.

VIRTUAL OPTIONS (via ZOOM)
Call to register.

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

Wednesday, SEPTEMBER 22
6:30-8:00 p.m.
Wednesday, OCTOBER 27
6:30-8:00 p.m.

Coping with the Loss of a Parent or Sibling
Tuesday, SEPTEMBER 7, 6:30-8:00 p.m.
Tuesday, OCTOBER 5, 6:30-8:00 p.m.

Coping with the Loss of a Spouse or Companion
Wednesday, SEPTEMBER 1
6:30-8:00 p.m.
Wednesday, OCTOBER 6, 6:30-8:00 p.m.

Man to Man: Grief’s Toolbox
(for men only)

Tuesday, SEPTEMBER 28, 6:30-8:00 p.m.
Tuesday, OCTOBER 26, 6:30-8:00 p.m.

Young Adult Grief Group
(Post High School to 30’s)

Wednesday, SEPTEMBER 15
6:30-8:00 p.m.
Wednesday, OCTOBER 20
6:30-8:00 p.m.

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

Support Series – Registration required

Newly Bereaved Program (3-week series)

- **Wednesdays, September 8, 15 and 22**
  2:00–3:30 p.m.
- **Tuesdays, October 12, 19 and 26**
  6:30–8:00 p.m.

**IN-PERSON** at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

**Wednesdays, November 3, 10 and 17**
  2:00-3:30 p.m.

**VIRTUAL** via ZOOM

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

Growing Through Grief (6-week support series)

- **Wednesdays, OCTOBER 6 — NOVEMBER 10**
  6:00 - 8:00 p.m.

**IN-PERSON** at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

(Registration deadline: September 17)

This six-week support series is for adults (age 18 or older) who are approaching or past the one year anniversary of their loved one’s death. 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 September 17 to schedule an appointment.

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

- **Wednesdays, OCTOBER 13, 20 and 27**
  6:30-8:30 p.m

**VIRTUAL** via ZOOM

(Registration deadline: October 1)

Grief over the death of a beloved person triggers many uncomfortable emotions and thoughts. Many people respond by avoiding these uncomfortable feelings. This free three-week series, held via Zoom, will address the benefits of practicing mindfulness as a tool for being present with your grief and improving your overall wellbeing. 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. Call by October 1 to discuss with a bereavement counselor to determine if the group will meet your needs.

Individual Support Sessions

Phone support has always been and will continue to be available to adults, children, teens and families. Sometimes it can be helpful to meet individually with a bereavement counselor. We offer in-person support sessions in Mount Joy and York, while adhering to all of the Center for Disease Control recommended guidelines. Individual sessions by Zoom are an additional option. You may talk with a bereavement counselor any time, Monday through Friday, 8:00 a.m. – 5:00 p.m. 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

Other Options

- **An Evening in the Park**
  - **Saturday, September 11, 6:00–7:30 p.m.**
  - **at Springettsbury Park**
  - 1501 Mt Zion Road, York
  - **Saturday, October 9, 6:00–7:30 p.m.**
  - **at Long’s Park, Harrisburg Pike Lancaster**

  Are you eager for a social opportunity to connect in person again? Join other grieving individuals for an easy walk, or sit and chat.

  For more information and to RSVP, call volunteer Connie Whitacre at (717) 577-1138.

- **GRASP (Grief Recovery After a Substance Passing)**
  - **Tuesday, September 14, 6:30–8:00 p.m.**
  - **Tuesday, October 12, 6:30–8:00 p.m.**

  **IN-PERSON** at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

  Pre-registration for new attendees is required.

- **Walk for DES: Suicide Awareness and Remembrance 5K Walk/Run**
  - **Saturday, SEPTEMBER 11**
  - Manheim Township Park, Neffsville

  For more information and to pre-register, visit www.walkfordes.org.

- **Living with Grief Since Covid-19 (a pre-recorded webinar for professionals)**
  - **VIRTUALLY via ZOOM**
  - **Thursday, NOVEMBER 11, 8:30-10:30 a.m.**
    - (Registration deadline: November 9)
    - Register online for the NOVEMBER 11 event at https://bit.ly/3xG82Cm.
  - **Friday, NOVEMBER 19, 2:30-4:30 p.m.**
    - (Registration deadline: November 17)
    - Register online for the NOVEMBER 19 event at https://bit.ly/3xDN6Mq.

  The Coronavirus pandemic has contributed to an unprecedented level of loss since March of 2020. Through an expert panel discussion and interviews, this pre-recorded program will help professionals effectively respond to the onslaught of pandemic-related grief and bereavement needs. These events, held via Zoom, will provide tools to support counseling, treatment, stabilization, and posttraumatic growth. There is no cost to attend. Two (2) free CE credits are available online through Hospice Foundation of America.

  Verify board approvals at:

  Space is limited. For more information, contact the Pathways Center for Grief & Loss.
Bereavement Counselor Sonya Hershey-Velasco attended Eastern Mennonite University before obtaining her Master’s Degree in Education with specialization in Psychological Services at the University of Pennsylvania. Sonya enjoys meditation and yoga and is currently pursuing a certification in integrative nutrition.

Prior to joining Hospice & Community Care she worked in foster care with children and families. She has been a grief counselor at the Pathways Center for Grief & Loss for the last 14 years and initially worked with children and teens in the Coping Kids & Teens program. She now specializes in working with young adults and is launching a new Young Adult support group this fall. She also facilitates the Loss of Parent support group and provides many individual counseling sessions for bereaved adults. The favorite part of her job are the individual counseling sessions she has with bereaved individuals. “It is rewarding to provide a safe place for people to talk openly about their grief and to help them understand that grief is a journey.”

Navigating Your Finances and Estate After Losing a Loved One

Women’s Financial, Estate and Retirement Planning Forum

Saturday, October 9
Hospice & Community Care, 685 Good Drive, Lancaster

(Online viewing option is available)

The loss of a loved one can be challenging. Not only are you grieving the loss of your loved one, but now you are having to handle the day-to-day responsibilities and tasks that may have been done by your spouse or partner. We are here to help.

Join us either in-person or virtually via zoom to ask local experts all of your financial, estate and retirement planning questions at our Women’s Financial, Estate and Retirement Planning Forum. Our experts will discuss wills, powers of attorney, investment strategies, retirement planning, long-term care planning and making tax-savvy charitable gifts.

There is no cost to attend, but registration is required. Visit www.HospiceConnect.org/Events or call Pat Cochrane at (717) 391-2456.

Online Grief Education and Support

Many grieving people find evenings and weekends to be particularly difficult times to cope after a loss. Explore our online library of educational videos that focus on Composing Life Out of Loss to help you better understand your grief.

Go to www.PathwaysThroughGrief.org then ‘Grief Resources’ then ‘Online Grief Educational Videos.’

What you need. When you need it.

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 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.

Pathways Center for Grief & Loss
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Mount Joy, PA 17552
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www.pathwaysthroughgrief.org