

Grief *and* Bereavement *Support*



Are you struggling with the serious illness or death of someone significant in your life? It is common to experience a wide range of feelings and reactions: numbness, sadness, difficulty concentrating, sleeping problems, anger, guilt, or even relief. Many who are bereaved feel as though no one understands what they are going through and find it helpful to connect with others who are grieving.

Grief touches everyone and you are not alone. [The Pathways Center for Grief & Loss](#) is here for you. Our services are focused specifically on grief education and support. If you need help beyond the scope of our services, we can recommend additional resources in the community.

“When I realized I wasn't the only one going through something like this, I knew I would survive.”

~Martha S.

Our support options are available to anyone, not just those whose loved one received hospice care. The Pathways Center, a community-based grief support program, is also a resource for anyone who supports the bereaved, such as teachers, counselors, healthcare



workers, faith communities and other organizations. Thanks to the generosity of our community, there are no fees for most of our grief support services.

ADULT SUPPORT

As each individual's grief experience is unique, we offer a broad spectrum of programs for adults who are coping with the death of a loved one. Daytime and evening options are available. Registration is required for all sessions except the monthly drop-in support groups. Please call us for more information about programs and locations.

Individual or Family Consultation

Our Master's level counselors are available to provide support in person or on the phone.

Newly Bereaved Program

This is a three-part series offered each month for those whose loss was recent.

Monthly Drop-In Support Groups

Each group offers grief education and a time to talk with others who are grieving. Monthly drop-in support groups are available for the loss of a spouse or companion and for the loss of a parent or sibling.

Hospice & Community Care does not discriminate on the basis of race, religion, color, national origin, ancestry, age, disability, gender or gender identity, sexual orientation, marital status, veteran status, medical condition, financial status or resources or any other legally protected characteristic. For a comprehensive non-discrimination clause, visit hospicecommunity.org.

“Just being in a group of people who accept your grief and your reactions to it meant the world to me.”

~Walt M.



Coping with Sudden Loss

Occasionally, support options for Coping with Sudden Loss due to suicide, drug overdose, accidents, homicide or medical events are offered. These opportunities provide a safe place to share with others who also have questions and struggle with the shock and intense reactions associated with sudden traumatic loss.

Grief Workshops

These educational sessions are presented periodically on a variety of educational topics.

Growing Through Grief

This is a six-week course where participants explore ways of coping with life changes after the death of a loved one.





Coping with the Holidays Support Series

These weekly meetings focus on coping with loss during the holiday season.

Remembering Our Mothers

Held each year on the Saturday before Mother's Day, this is a commemorative opportunity for women whose mothers have died.

Social Dine-Out Options

Bereaved individuals who want to begin socializing again can join others for a meal at a local restaurant. Several options are available.

Online Grief Education and Support

Our online services offer the opportunity for personalized learning and journaling on your unique grief journey with our online video library. Your privacy is guaranteed and you can view the videos on your own time, in your own space.

COPING KIDS & TEENS

Individual or Family Consultation

Master's level counselors are available for children and teens to talk to about the serious illness or death of someone they care about.

Three series are offered in the Bob and Joy Allen Coping Kids & Teens Wing throughout the school year.

This provides children and

teens the opportunity to learn about grief and talk with others while sharing a meal, having fun and receiving support.

“We weren't alone, and although life is different, we will be okay. Thank you for the hope you gave to us.”

~Brenda P.

Good Grief Clubs

This is a seven-week support series held in schools that is facilitated by a Pathways Center Master's level counselor and co-facilitated by school personnel.

Camp Chimaqua

We offer a weekend overnight camp for bereaved children ages 6 through 12. Through grief-related and fun-filled activities, children learn about loss, develop coping skills and gain self-confidence.



FOR OUR COMMUNITY

Education and Trainings

A wide variety of grief- and loss-related presentation topics and trainings are available for professionals and the community in both English and Spanish. Length, topic and cost vary depending on the specific request. Each program is tailored to meet the unique needs of the group.

Professional Support

The Pathways Center provides consultation to employers, school personnel, social service and healthcare workers, faith communities and others impacted by a serious illness or death.

Pathways Resource Lending Library

A wide variety of books and DVDs about the grieving process are available to borrow for children, adults, clergy, teachers and medical professionals.

Pathways Newsletter

This newsletter contains information about the natural grief process, as well as upcoming monthly support groups and educational opportunities. Visit www.pathwaysthroughgrief.org to read past issues of the Pathways Newsletter for practical advice on how to cope with the loss of a loved one.

Programs are held in Lancaster and York counties. Support options are available to adults, teens and children. Call for more information on how Hospice & Community Care's Pathways Center for Grief & Loss can help you, your family, school or organization.

“ I feel I have gained some hope and strength to carry on. ”

~John G.



PATHWAYS
CENTER *for*
GRIEF & LOSS

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www.pathwaysthroughgrief.org