

## OUR MISSION

The mission of the Center for Grief and Healing of Hinds Hospice is to bring understanding, compassion, and professional support to those experiencing loss and grief.

## OUR STAFF

Our staff is comprised of licensed therapists and counselors who have received extensive training in the area of grief, loss and healing.

Grief impacts your "whole being" — physically, emotionally and spiritually. You or your family members may experience an overwhelming array of feelings in the aftermath of a loss or diagnosis.

Some common reactions are:

- ② Sadness, anger, anxiety, guilt, and fear
- ② Exhaustion or fatigue, sleep and appetite changes
- ② Difficulty with concentration, decision-making, or forgetfulness
- ② Irritability, poor self-care, and isolating behaviors

While all of these responses are typical and normal, everyone expresses grief in their unique way.

Some may take comfort in talking and expressing their feelings, while others may keep to themselves and express feelings privately. Still others may engage in constant activity, finding solace in keeping busy.

When grieving, each one's way is "appropriate" and deserves respect.

## GRIEVING AFTER DIAGNOSIS

Often grieving begins at the time of diagnosis of a life-limiting condition or illness. There is grief associated with the loss that come with illness, whether it is loss associated with physical decline or loss associated with role changes.

*We can:*

- ② Offer a safe place to share your array of feelings
- ② Help with family communication
- ② Offer opportunities to express and define hope
- ② Help those adjusting to the impact of illness
- ② Offer suggestions for memory making opportunities
- ② Assist with developing self-care strategies for those who are ill and for their loved ones
- ② Assist with problem solving and planning

*Together we can explore  
grief as a process  
of change.*

## GRIEVING AFTER DEATH

Mourning in response to loss is a natural, healthy reaction to one of life's most painful challenges.

We at the Center for Grief and Healing are available to assist on your journey.

*We can:*

- ② Help you understand your grief for what it is: a reaction to a significant loss
- ② Offer opportunities to share about the person who died
- ② Help you to move through the pain of loss without letting go of the connection with your loved one
- ② Provide information about grief in general
- ② Offer suggestions for getting through the days, and through the nights
- ② Help you plan for difficult days, such as birthdays, holidays, and anniversaries
- ② Suggest mourning rituals that may help you to honor and remember your loved one
- ② Help to normalize what you are experiencing in your grief

*"Death ends a lifetime,  
but not a relationship."*

— Pat Schwiebert, R.N. —

## Our Services Include

- ☺ Counseling for those facing grief through chronic illness or infertility
- ☺ Counseling for individuals diagnosed with a life-limiting illness
- ☺ Counseling and support groups for those whose loved one is facing a life-limiting illness
- ☺ Counseling for individuals and families impacted by the death of a loved one
- ☺ Grief support groups for adults, teens and children
- ☺ Education, training and workshops on a variety of grief related topics
- ☺ Support to local businesses and their staff after the death of an employee or loved one
- ☺ Critical Incident Stress Management
- ☺ Caregiver workshops and support groups

To register for a support group or to make a counseling appointment, please contact us.

## FRESNO SURVIVORS OF SUICIDE LOSS SERVICES

Hinds Hospice is now offering support services for those suffering from the loss of a loved one to suicide.

These services include:

- ☺ Resources
- ☺ Trainings
- ☺ Community Outreach
- ☺ Suicide prevention education
- ☺ Monthly peer-focused support group
- ☺ Annual memorial events
- ☺ Individual and family counseling with a licensed mental health professional

For more information, please call (559) 322-5877.

The only service of its kind in Central California, the Center for Grief and Healing is just one of the many ways Hinds Hospice fulfills its mission to support those who are grieving.

Other services include:

Inpatient and Outpatient Hospice Care,  
Pediatric Hospice Care, Perinatal and Infant Loss  
Support Services (Angel Babies), Multicultural Outreach,  
Physician Education, Prison Hospice, and Thrift Stores.

As a nonprofit organization, Hinds Hospice would welcome your generous, tax-deductible donation, which will ensure that the Center is here to offer care and counseling to future generations.

Donations may be mailed to the address below marked  
"Center for Grief and Healing."



### Hinds Hospice Center for Grief and Healing

2490 W. Shaw Avenue, Suite 101  
Fresno, CA 93711  
(559) 248-8579  
Fresno SOS (559) 322-5877

### Hinds Hospice Center for Grief and Healing Merced

410 W. Main Street, Suite A  
Merced, CA 95340  
(209) 383-3123

[centerforgriefandhealing@hindshospice.org](mailto:centerforgriefandhealing@hindshospice.org)

[www.hindshospice.org](http://www.hindshospice.org)

We thank the following for their generous support of the families we serve:

Loss of child support group is supported by the Leukemia and Lymphoma Society,  
Central California Chapter & Valley Children's Healthcare

Loss of spouse/partner & senior loss of spouse/partner is funded by  
Charles G. Summers, in loving memory of his wife Beverly

Additional support provided by the  
Central Valley Affiliate Susan G. Komen for the Cure Grantee

#### Member of:

National Hospice and Palliative Care Organization  
California Hospice and Palliative Care Association  
International Association for Hospice and Palliative Care  
Central California Valley Coalition for Compassionate Care  
Children's Hospice and Palliative Care Coalition  
Association for Death Education and Counseling  
California Association of Marriage and Family Therapists  
Proud Partner – Susan G. Komen Central Valley Affiliate

Hinds Hospice complies with all Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



## Center for Grief & Healing

SUPPORT  
FOR OUR  
COMMUNITY



Healing from  
the Heart