

## YOU ARE NOT ALONE

The death of a significant person can be a time of great pain.

We invite you to follow a path through this pain that leads to healing of the heart and brings renewed meaning to life.

Chaplaincy Grief Care offers support and education for the family and friends who have experienced a death.

Our support groups and classes are facilitated by professionals and are available on a sliding fee scale.

Providing you with a safe place to heal is our primary goal.

## CHAPLAINCY HEALTH CARE'S MISSION

The team at Chaplaincy Health Care focuses on the entire person – their physical, emotional, and spiritual needs. We guide, comfort and care for people experiencing serious illness, end of life, behavioral health issues, personal crisis and loss.

### Chaplaincy Health Care offers the following programs and services:

- Hospice Care
- Palliative Care
- Grief Care
- Cork's Place – grief care for children and teens
- Contract Chaplain Services
- Behavioral Health Therapy



Expert Guidance  
During Seasons  
Of Grief



**GRIEF CARE**  
712 W. 19<sup>TH</sup> AVE  
KENNEWICK, WA 99336

**MAIN OFFICE**  
1480 FOWLER STREET  
RICHLAND, WA 99352  
(509) 783-7416  
CHAPLAINCYHEALTHCARE.ORG



## SUPPORT FOR ALL AGES FOLLOWING A DEATH

### Support Groups:

**Widowed Support Group:** This 10-week group provides support and education for widows, widowers and partners.

**Coming to Terms with Loss:** This 10-week group is open to adults experiencing grief due to the death of a person other than a spouse or partner.

**Cork's Place:** Cork's Place provides on-going support groups for children ages 3 through 18 and their families.

### Classes:

**Understanding Grief:** This one-time, two hour session is open to grieving adults. It covers common grief reactions, uniqueness of each person's grief, as well as, healthy coping strategies. Includes a 30-minute DVD.

**Hope for the Holidays:** This two hour class meets to help grieving people deal with the stress, loneliness and confusion of the holiday season.

### Therapy Groups:

**Survivors of Suicide (SOS):** This group helps people adjust after a significant person dies by suicide.

**Specialized Groups:** If you would like information on groups for grieving parents or young adults (ages 18-30), please call for details.

## THE LOSS OF A LOVED ONE IS A CHALLENGING & SORROWFUL TIME

Emotions are varied and powerful. You may experience one or all of these emotions:

- Shock and numbness
- Emptiness and sadness
- Anger and resentment
- Fear and insecurity
- Guilt and regret

Grief may affect you physically. You may experience:

- Fatigue and exhaustion
- Low energy
- Tight or heavy feeling in chest
- Tension
- Restlessness and irritability

You may find yourself:

- Crying unexpectedly
- Searching for something
- Carrying special objects
- Talking to your loved one

You may be:

- Forgetful
- Confused
- Absentminded
- Distracted

## CONTACT US

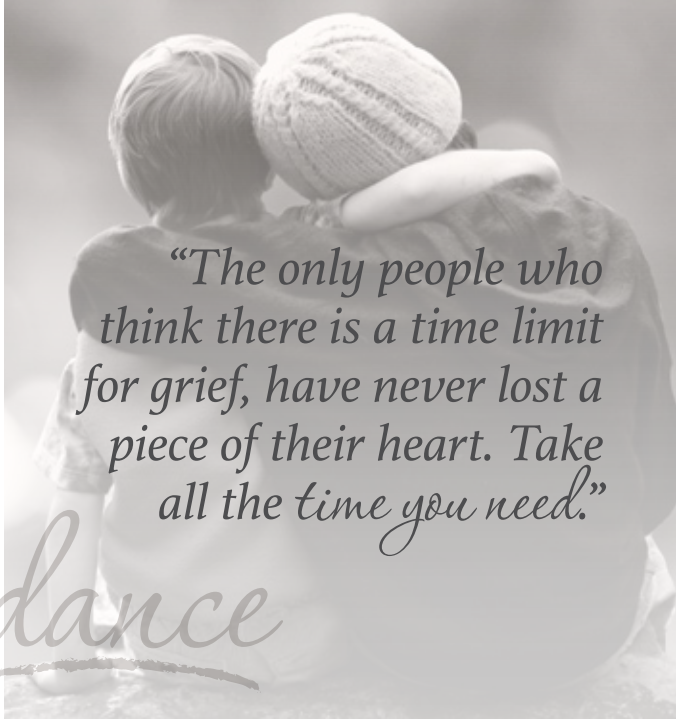
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Cork's Place  
Support groups for children 3-18  
(509) 783-7416

*For more information or to register, please feel free to contact our Grief Care Specialists directly, or call our main office at (509) 783-7416.*



*"The only people who think there is a time limit for grief, have never lost a piece of their heart. Take all the time you need."*



Expert Guidance  
During Seasons of Grief

EXPERT  
guidance