

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 anyone who has experienced a death.

Our support groups and classes are facilitated by professionals and specially trained volunteers and they are offered free of charge. Spanish language support is available on a regular basis. Please call for details.

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

Call us, we can help.

(509) 783-7416

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.

Other services available through Chaplaincy Health Care:

- 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
2108 W. ENTIAT
KENNEWICK, WA 99336

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

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-509-783-7416. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致 1-509-783-7416。



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 17 and their families.

Young Adult Group: This support group is for young adults aged 18-25 who have experienced the death of a family member, relative or friend.

Gone Too Soon: This group offers grief care for pregnancy and infant loss. It meets the second Thursday of every month.

Grieving Parents Support Group: This group is for parents who are grieving the death of a child. It meets the 2nd and 4th Wednesdays of every month.

Survivors of Suicide (SOS): This group helps people adjust after a significant person dies by suicide. It meets the 1st and 3rd Wednesday of every month.

Healing Through Journaling: This group is offered for those who would like to explore the use of writing to express their grief journey. We use a variety of prompts, techniques, and guided exercises throughout the sessions.

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.

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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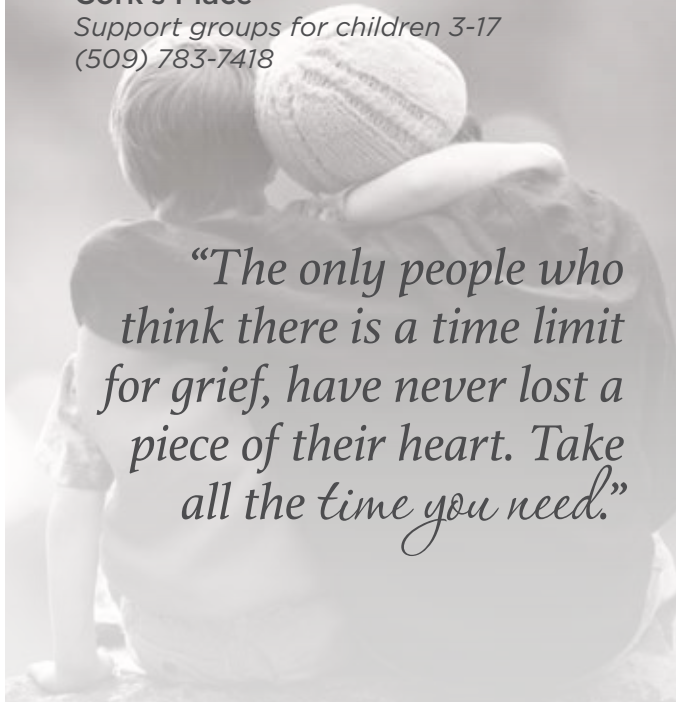
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Cork's Place
Support groups for children 3-17
(509) 783-7418



“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.”



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