

## 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



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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。



EXPERT  
*guidance*

## 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

*“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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