



January 2014

Dear Friend of Fairview Hospice:

We have just passed through the holiday season, a time that honors many special traditions and recalls memories of the past. The calendar says it's a new year and once again we have a new beginning. What does that mean for those who are grieving?

As you are going through this first year of a grief journey, you most likely are experiencing an array of emotions that may change often. It's important to remember that your feelings aren't strange, right or wrong, good or bad. They are what they are. You are learning about grieving, about the power of your own resilience and about the presence of hope that carries us to a new day and a new way of doing life.

On the back side of this letter you'll find a **Bereavement Tool Kit**. There is a checklist of the "tools" we offer in our grief support program to help you on your way. Please let us know what interests you. Always feel free to call or email us and check out our website. You are also invited and welcomed to participate in our **upcoming grief support events**:

2nd Saturday Support

Please join us on the 2nd Saturday of every month to explore resources and grief education related to what you are going through in the death of your loved one. These sessions are led by Fairview Hospice grief counselors.

January 11 - Journaling as Part of Healing **February 8** - The Art of Forgiveness **March 8** - A Spirit of Mindfulness

We meet at the Oxboro Clinic, 600 W. 98th St., Bloomington, from 10:00 to 12 Noon.

No registration needed-just come for support! *Call 952-885-6183 with questions or if there is bad weather for a program update.*

Journaling to Heal the Heart 4 week on-line class beginning Mon., January 27, 2014

Journaling can be a powerful tool for expressing grief and creating a new normal after a loss. Those who enroll will receive weekly emails with creative writing suggestions. Participants will be invited to share journal entries with a Fairview Hospice grief counselor and receive feedback if they choose. Please call 612-728-2445 or email griefresources@fairview.org for more information and to register.

Labyrinth Workshop at Hennepin Avenue United Methodist Church.....February 27, 2:00 -4:00 p.m.

Join us as we walk a labyrinth (an ancient meditating tool for calming the mind). No experience is needed and this is not a physically challenging practice. Grieving people walk this to find peace, healing and hope. There is no charge, but pre-registration is required. Call Chris Dooley-Harrington at 952-885-6197 to register and for information.

Grief 101 Class.....February 24, Monday 10:00 -11:30 am **OR** 6:30 to 8:00 pm (same class, two different times)
Oxboro Clinic, 600 W. 98th St. Bloomington, MN 55420. What is this grief journey all about? Come for support.

4 Week Grief Support Group....March 5, 12, 19, 26 Wednesdays 10:00 to 11:30 a.m. Oxboro Clinic in Bloomington

For information on these programs and/or to register please go to our website at www.fairview.org/grief or call 952-885-6183.

Community Grief Resource...

Cambridge Medical Center is sponsoring an eight-week series to help you cope with the loss of a loved one. Thursdays beginning January 9, 5:30 – 7:00 p.m. in the fourth floor classroom. (There is no cost.)

January 9 Responses to Grief

January 16 The Ways of Grief

January 23 Unfinished Business

January 30 Dealing With Emotions

February 6 Building Memories

February 13 Dialogue With Family/Friends/Children

February 20 Reframing Relationships

February 27 New Horizons

Pre-register by calling: Launa Hollen Cambridge Medical Center **763-688-9545**

Bereavement Tool Kit



When a loss comes to us we often do not know where to begin the work of the healing process. The Fairview Hospice Program is here to assist by reminding you of the tools we provide at no cost to you.

Since our needs change over time the tools you need today may not be what you need in the future as time unfolds. We will follow your lead and provide individualized care for you and your family. Please let us know how we can assist you and your family.

From the list of “tools” below, check whatever you feel would be helpful at this time. Keep the list handy and contact us at any time in the future to add to or subtract from your list. All our upcoming events are posted on line at www.fairview.org/grief.

I would like information about the following grief support:

One to one counseling

Family counseling

Support groups, workshops and retreats

Support through periodic phone calls

Support programs for children, teens and young adults.

Grief education, inspiration, and support via email. My email is _____.

I no longer wish to receive mailings. Please take me off your mailing list.

Please get back to us with any questions or comments in the way you find most convenient. We look forward to hearing from you.

Email: griefresources@fairview.org **Phone:** 763-389-1923 (Princeton area) 612-728-2455 (Metro) 800-285-5647

Mail: Fairview Hospice Bereavement Program 2450 26th Ave S. Minneapolis, MN 55406

Fairview Home Care and Hospice Bereavement Counselors

Steve Sims

Chris Dooley-Harrington

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