

*"Grief is about much more than death and loss.  
It is also about life and hope.  
It's about memories and bonds.  
It's about possibilities."  
~James Miller~*

To help you through your grief journey, the Morgantown Hospice Bereavement Program is a free service of continued support for you since your loved one died. You will find a list of these services and other resources that can help you in your grief as you look through the information provided for you.

Grief is a normal human response to the loss of someone you care about deeply. The time following the death of a relative or close friend is difficult. There is no road map or perfect plan for you to follow as each person grieves in their own way and time. Remember that you are not alone as you experience the many emotions and physical reactions often associated with grief. Our Bereavement Program is here to help you. Grief can and must be overcome so that you can continue to grow and live a healthy life. It is hard to believe now, but it will be different over time. Be patient and gentle with yourself and take time to read the information you may need to help you through the months ahead.

*When you grieve you're like a tree hit by a tornado.  
Some of your roots are pulled up. You're twisted and bent.  
Your leaves have been stripped. Your bark is loosened.  
And worst of all,  
One of your big limbs has been brutally broken off.  
You will never be the same.  
Eventually, slowly, your roots grow back.  
You experience a new growth of leaves.  
You straighten up and reach out again.  
But the limb never grows back.  
It becomes covered with a natural scar tissue.  
For ever after, you will be aware of the tornado  
And the tremendous change it made in your life.*

*~ By: Joy and Dr. Marvin Johnson~*