

"Working Through Grief"
A short-term support group series for newly bereaved

Morgantown Hospice has provided a free Bereavement Support Group for many years and now meets twice monthly—the second and fourth Tuesday of every month from 7:00 to 8:30 PM at the Village at Heritage Point. This group serves the community and surrounding areas as well as Morgantown Hospice families. It has been a blessing for many people who have attended over the years providing a safe, confidential place to share their journey through the many faces of grief.

It is difficult for someone who has had a very recent loss to feel comfortable sharing the more intensely powerful feelings experienced soon after their loved one has died. Recognizing that reality, a program to help people in the early phases of grief is available two to three times per year. Called "Working Through Grief", this is a three session support and grief education program. It will run three consecutive weeks an earlier time in the day. The dates for this program will be announced as they are scheduled. Sessions will be facilitated by Pat Tederick, Bereavement Coordinator for Morgantown Hospice. Depending on the number of people who sign up, a second trained facilitator will be available.

We are offering this program as another community service and there will be no charge for attending. For those who attend, we want to get your input about how helpful you found it, how it could be improved or any other useful suggestions that would help us continue a program that is beneficial. A special program for early grief support has been provided by other hospice programs around the nation and has been found to be helpful.

We are inviting you to take advantage of the "Working Through Grief" program offered by Morgantown Hospice. Please contact Pat Tederick at 304-285-2777 or by e-mail at tederickp@monhealthsys.org. I will be glad to answer any questions or give you more details as well as reserve a space for you to attend.

Sincerely,
Pat Tederick, Bereavement Coordinator