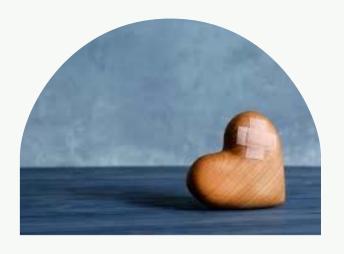




UNDERSTANDING GRIEF



A GUIDE THROUGH LOSS AND NEXT STEPS





What's Next?

Oftentimes, we are so overwhelmed we either don't remember to ask or we forget what is told to usand that's ok! Hopefully this guide eases some of your worries.

When You Return Home

- Notify immediate family and close friends.
 - If the volume of phone calls and arrangements becomes overwhelming, ask for assistance from someone close to you
- Discuss the choice of a funeral home with close family.
- When you decide on the funeral home, let them know which hospital to contact to make arrangements for your loved one.
- The funeral home will communicate with the hospital and arrange transportation of your loved one to the funeral home.
- Notify the employer of your passed loved one.
- If any legal issues, contact your attorney.
- For a veteran, inquire about special benefits by calling Veterans Affairs at 1-800-827-1000.

WHAT IS GRIEF?



Grief is a natural response to loss. It can involve a range of emotions such as sadness, anger, confusion, and even relief. Everyone experiences grief differently, and there is no "right" way to grieve.

STAGES OF GRIEF



- Grief can unfold in various stages, but remember, they may not occur in a linear order. Here are some common stages:
- Denial: "This can't be happening."
- · Anger: "Why did this happen to me?"
- Bargaining: "If only I had done things differently."
- Depression: "I'm so sad. Why bother with anything?"
- Acceptance: "I'm learning to live with this loss."
- Death brings many reactions in widely contrasting combinations; it is normal and healthy to allow yourself to experience all of them as part of your mourning process.
- Note: Not everyone goes through all these stages, and some may experience different emotions.



COPING WITH GRIEF



- We all grieve in our own way. There is no "normal" time span where healing takes place. The grief process is never the same for any two people. Try not to compare yourself with others. Heal in your own way and in your own time.
- Maintain hope. Be patient with yourself. Your sorrow may diminish slowly. You will survive, although there may be times when you feel that you will not. You can find healing and hope for the future if you are patient with yourself and remember that although you will never be the same again, you will be able to be happy again.

SUPPORT NETWORKS



- Share your feelings with others. Lean on your family & friends. Friends and family often want to help but are unsure how- let them know the kind of help you need.
- Find good listeners who will understand that your feelings are normal responses to your grief. It is good to remember and speak of the life of your loved one.
 Share and treasure your memories with family and friends.
- Consider seeking assistance and support from a clinical social worker, psychologist, or bereavement group.
 Sharing your experience with others who are grieving can be very helpful and may be an opportunity to discover and express feelings you might not be comfortable with elsewhere.

COPING WITH GRIEF

HEALTHY COPING MECHANISMS



- Pay attention to what your body needs. Exercise, adequate rest and sleep, and balanced nutrition are essential. As much as we sometimes don't think about it, making sure we are taking care of ourselves is so important, especially taking our medications and keeping appointments.
- It is helpful for some people to remember and celebrate the life of your loved one. Finding a special way to honor them can be healing, such as wearing a special piece of jewelry, caring for a special plant, planting a garden, start a memorial fund or even donate something in their name.
- It may sound silly but remember to breathe.
 Breathe in deep like smelling freshly baked cookies
 or flowers. Breathe out like you're blowing out all
 of your birthday candles. You may not feel it in this
 moment, but it IS going to be ok. You will make it
 through this.





RHODE ISLAND

Anchor Counseling Center
401.475.9979
Offices: Cranston, East Greenwich, East Providence, and
Lincoln

Community Connections
401.619.2877
https://communityconnectionsri.com

Compassionate Friends of Greater Providence 401.231.9229 http://www.tcfprovidence.com/

Friend's Way
For children aged 3-19
401.921.098 ext 1 or 2
https://www.friendsway.org

HopeHealth 888.528.9077 https://hopehealthco.org/services/support-groups/

> Grief recovery RI 401.287.8146 Location: Jamestown, RI

Red Cross- Virtual Assistance 833.492.0094 https://www.redcross.org/virtual-family-assistancecenter.html

A Time to Heal 401.788.9110 or 401.537.1126 Location: Beachwood Center for Wellbeing, Saunderstown, RI





MASSACHUSETTS

Camp Angel Wings
Kids aged 6-15
Southcoast.org/a-camp-for-kids-grieving-theloss-of-a-loved-one/

In Person Support Groups:

Widow & Widower Support groups
1st Thursday each month
9:30-11am
Mattapoisett Council on Aging

2nd Wednesday each month 1:30-3pm Somerset Public Library

2nd Thursday each month 5-6:30pm Fairhaven Council on Aging

General Loss/Grief/Bereavement groups
3rd Thursday of every month
5-6:30pm
Fairhaven Council on Aging

Online Support Groups:

Widow & Widower Support Groups 1st Wednesday every month 5-6:30pm

General Loss/Grief/Bereavement Groups 3rd Wednesday of every month 5-6:30pm

For any of the above, please call 508.973.3227





CONNECTICUT

Family & Childrens' Agency Breakfast support meeting 4th Saturday of each month 9-11 AM Call 203-299-1532 ext.386 to RSVP

CENTER FOR HOPE
Bereavement Support Groups
Children/Adolescents/Parents/Spouses/
Extended Family/Friends
590 Post Rd.
Darien, CT 06820
203-655-4693

D'ESOPO-PRATT COMMUNITY RESOURCE CENTER FOR LOSS AND TRANSITION Bereavement Support Groups 280 Main St. Wethersfield, CT 06109 860-563-5677

FAMILY CENTERS
Bereavement Support Groups
40 Arch St.
Greenwich, CT 06836-7550
203-869-4848

REGIONAL HOSPICE OF WESTERN CONN. -HEALING HEARTS BEREAVEMENT CENTER Support Groups for Children/Teens/Adults 73 Stadley Rough Rd. Danbury, CT 06810 203-797-1685





ADDITIONAL RESOURCES

How to find a therapist:

Psychologytoday.com
Zencare.co
Call your insurance company for assistance
finding recommendations of providers in
network

Emergency Support

National Suicide Prevention Line (988) Local Emergency Services (911) BH Link (401-414-5465) - RI ONLY

Books on Grief For Adults:

- "Why Has Nobody Told Me This Before?" by Dr. Julie Smith
- "Grief Works" by Julia Samuel
- "Bearing the Unbearable" by Dr. Joanne Cacciatore
- "It's Okay That You're Not Okay" by Megan Devine
- "I wasn't ready to say goodbye" by Brook Noel & Dr Pamela Blair
- "Finding Meaning" by David Kessler





ADDITIONAL RESOURCES

Books on Grief For Children:

Wherever you go A terrible thing happened I miss you Something very sad happened The invisible string One wave at a time Gone but never forgotten Why do I feel so sad Someone I love died Always with you, always with me The memory box When someone very special dies When dinosaurs die The goodbye book Grief is a snowflake Grief is a mess No matter what Grief on the playground The Memory Tree When Gray came to Stay

REMEMBER...

Grieving is a process that requires patience, support, and understanding. Remember, it's okay to seek help when needed, and your grief is valid. You are not alone.





FUNERAL & RELIGIOUS SERVICES

Contact the funeral home of your choice. The funeral home will work with you to plan the service and can answer any questions you have about the process.

Bring the following information about the deceased with you to the funeral home.

- Birth certificate
- Recent photograph
- Marriage certificate (if applicable)
- Military discharge papers (if applicable)
- Funeral pre-need plan papers (if applicable)
- Deeds to cemetery property (if applicable)
- Life or Funeral insurance policies (if applicable)
- List of the names of surviving relatives

It may be helpful to bring a family member or close friend with you

