

Grief and Bereavement Support

COPING KIDS & TEENS

Individual or Family Consultation

Counselors are available for children and teens to talk to about the serious illness or death of someone they care about.

Three series are offered throughout the school year and provide children and teens the opportunity to learn about grief and talk with others while sharing a meal, having fun and receiving support.

“*I can't thank you all enough for the support and caring ways you have shown us. I have seen the biggest change in my son since coming to Coping Kids & Teens. You are truly our angels for getting us through this very sad and dark time in our lives.*”

~Susan K.

Good Grief Clubs

This is a seven week support series held in schools that is facilitated by a Pathways Center counselor and co-facilitated by school personnel.

Camp Mend A Heart and Camp Chimaqua

We offer an all-day camp and a weekend overnight camp for bereaved children. Through grief-related and fun-filled activities, children learn about loss, develop coping skills and gain self-confidence.



FOR OUR COMMUNITY

Education and Trainings

A wide variety of grief and loss-related presentation topics and trainings are available for professionals and the community in both English and Spanish. Length, topic and cost vary depending on the specific request. Each program is tailored to meet the unique needs of the group.

Professional Support

The Pathways Center provides consultation to employers, school personnel, social service and healthcare workers, faith communities and others impacted by a serious illness or death.

Pathways Resource Lending Library

A wide variety of books, journals, DVDs and CDs about the grieving process are available to borrow for children, adults, clergy, teachers and medical professionals.

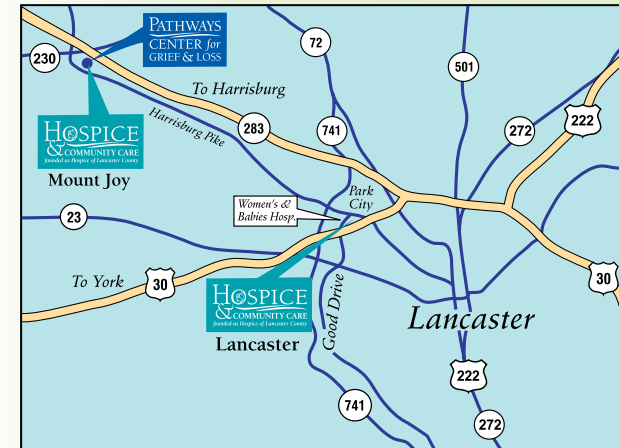
Pathways Newsletter

This newsletter contains information about the natural grief process, as well as upcoming monthly support groups and educational opportunities. Visit www.pathwaysthroughgrief.org to read past issues of the Pathways Newsletter for practical advice on how to cope with the loss of a loved one.

The Pathways Center for Grief & Loss is located at 4075 Old Harrisburg Pike, Mount Joy. Programs are held on-site and at additional locations throughout Lancaster, York and surrounding counties. Support options are available to adults, teens and children. Call for more information on how Hospice & Community Care's Pathways Center for Grief & Loss can help you, your family, school or organization.

“*I feel I have gained some hope and strength to carry on.*”

~John G.



PATHWAYS CENTER for GRIEF & LOSS

4075 Old Harrisburg Pike
Mount Joy, PA 17552

(717) 391-2413 (Lancaster)
(717) 733-0699 (Ephrata)
(717) 885-0347 (York)
1-800-924-7610 (toll free)
(717) 391-2440 (En Español)
pathways@hospicecommunity.org

Monday-Friday, 8:00 a.m. – 5:00 p.m.
www.pathwaysthroughgrief.org



PATHWAYS CENTER for GRIEF & LOSS

Are you struggling with the serious illness or death of someone significant in your life? It is common to experience a wide range of feelings and reactions: numbness, sadness, difficulty concentrating, sleeping problems, anger, guilt, or even relief. Many who are bereaved feel as though no one understands what they are going through and find it helpful to connect with others who are grieving.

Grief touches everyone and you are not alone. The Pathways Center for Grief & Loss is here for you. Our services are focused specifically on grief education and support. If you need help beyond the scope of our services, we can recommend additional resources in the community.

Our support options are available to anyone, not just those whose loved one received hospice care. The Pathways Center, a community-based grief support program, is also a resource for anyone who supports the bereaved, such as teachers, counselors, healthcare workers, faith communities and other organizations. Thanks to the generosity of our community, there are no fees for most of our grief support services.

“When I realized I wasn't the only one going through something like this, I knew I would survive.”

~Martha S.



ADULT SUPPORT

As each individual's grief experience is unique, we offer a broad spectrum of programs for adults who are coping with the death of a loved one. Daytime and evening options are available. Registration is required for all sessions except the monthly drop-in support groups. Please call us for more information about programs and locations.

Individual or Family Consultation

Our trained counselors are available to provide support in person or on the phone.

Newly Bereaved Program

This is a three-part series offered each month for those whose loss occurred one to three months ago.

Monthly Drop-In Support Groups

Each group offers a presentation by a grief counselor on a variety of topics followed by time to talk with others who are grieving. The following monthly drop-in support groups are available:

- ◆ **Loss of a Spouse or Companion**
- ◆ **Loss of a Parent or Sibling**
- ◆ **Loss of a Child of any age**

“Just being in a group of people who accept your grief and your reactions to it meant the world to me.”

~Walt M.



Coping with Suicide Loss Support Group

This six-week group provides a safe place to share questions and pain after this type of loss.

Grief Workshops

These educational sessions are presented periodically on a variety of educational topics.

Growing Through Grief

This is a six-week course where participants explore ways of coping with life changes after the death of a loved one.

Coping with the Holidays Support Series

These weekly meetings focus on coping with loss during the holiday season.

Remembering Our Mothers

Held each year on the Saturday before Mother's Day, this is a commemorative opportunity for women whose mothers have died.

Social Dine-Out Options

Bereaved individuals who want to begin socializing again can join others for a meal at a local restaurant. Several options are available.

Grief Support in Spanish

Call (717) 391-2440 (en Español) to reach our bilingual grief counselor and learn more about individual or group support in Spanish.

