

## Open Monthly Bereavement Support Groups Available

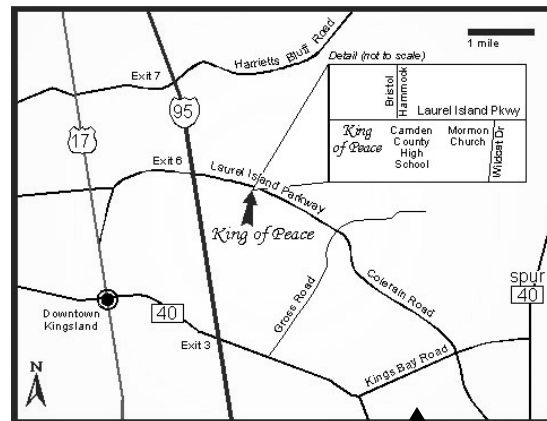
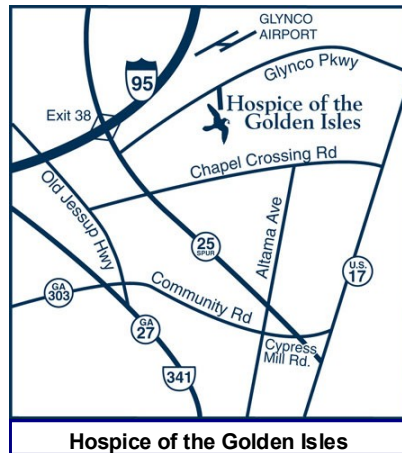
These groups are offered one time a month. They are open to any adult who has experienced the death of a loved one. Most participants in these groups had a parent, spouse, significant other, sibling, friend or child die in the last two years. **Call to register for any of the following events at 912-267-5462**

**Glynn County Grief Education and Support**  
**1692 Glynco Parkway, Brunswick, GA 31525**  
**(Bereavement Center)**  
 First Tuesday of the Month,  
 from 5:30 pm - 6:45 pm

**Camden County Grief Education and Support**  
**2000 Dan Proctor Drive, St. Marys, GA 31558**  
**(Camden Medical Pavilion)**  
 Second Tuesday of the Month,  
 from 10:00 am - 11:15 am

### UPCOMING TOPICS

September 2009	Anxiety and Peace
October 2009	Blame and Forgiveness
November 2009	Grief and Holidays
December 2009	Denial and Acceptance
January 2010	Wounded and Healing
February 2010	Love and Fear
March 2010	Despair and Hope
April 2010	Weakness and Strength
May 2010	Doubt and Faith
June 2010	Loneliness and Connection
July 2010	Guilt and Freedom
August 2010	Anger and Resolution



**Camden Medical Pavilion**

### Lights of Love December 3, 2009 Christmas Service of Remembering 5:00pm

This year we are adding a Christmas Service of Remembering in the Bereavement Center before our Lights of Love program and the lighting of the Hospice campus. This service is designed to meet the unique spiritual needs of Christians who are grieving during the holiday season. We hope you will join us.  
 (Hospice of the Golden Isles Bereavement Center)



**HOSPICE**  
 OF THE  
**GOLDEN ISLES**

### Grief Education and Support Fall & Winter 2009

[hospice.me](http://hospice.me)

- \*Monthly Support Groups
- \*"Grief and Holidays" Workshops
- \* Memorial Services
- \*Lights of Love Service of Remembering
- \*Wilderness of Grief Discussion Groups
- \*Memorial Work Day
- \*"Healing Hearts- Finding Hope: Grief Support for the Whole Family"

These services are provided at no cost to the participants.

Mary Malcom, M.Div., BCC, Bereavement Coordinator  
 1692 Glynco Parkway, Brunswick, GA 31525  
[marymalcom@hospice.me](mailto:marymalcom@hospice.me)

**Please call to register for any of these  
 Events at 912-267-5462**

## Grief and the Holidays

Holidays can be one of the most challenging times of year, especially if you are moving through the first few years after the death of someone significant in your life. Our workshops and services are open to anyone who is grieving and looking for practical help for how to cope with planning for the holiday season. Traditional holidays, birthdays, anniversaries, and all special events can be challenging for those who are grieving.

The workshop is designed to give practical information on how to plan ahead and honor the one who died. Some find it too difficult to continue their regular traditions. Others may want to keep everything as it was before the death. This workshop will address how to negotiate change or incorporate new traditions into existing family gatherings.

The workshop is followed by a "Memorial Service." The service will include a time of reflection, readings, music and ways for us to honor the ones who died. We encourage everyone to participate at whatever level they feel most comfortable. Please bring something that reminds you of your loved one to put on the memorial table

### **Glynn County Workshop and Memorial Service**

**Thursday, November, 5 2009**

**Workshop 5:30—6:45pm**

**Memorial Service 7:00pm**

(Hospice of the Golden Isles Bereavement Center)

### **Camden County Workshop and Memorial Service**

**Thursday, November 12**

**Workshop 5:30—6:45pm**

**Memorial Service 7:00pm**

(King of Peace Episcopal Church, Kingsland)

## **"Wilderness of Grief" Educational Discussion Groups Glynn County Wilderness of Grief Series**

**Monday,  
September, 14, 21, 28 & October 5**

**4:00 –5:30 pm**

(Hospice of the Golden Isles Bereavement Center)

## **Camden County Wilderness of Grief Series Monday, October 12, 19, 26 & November 2**

**2:00—3:30 pm**

(2000 Dan Proctor Drive, St. Marys, GA 31558  
Camden Medical Pavilion)

These groups use the book,  
"Wilderness of Grief"

by Alan Wolfelt as a basis for discussion.

Week 1 – Your Grief is Unique

Week 2 – Understanding the Work of Grief

Week 3 - The Six Needs of Mourning

Week 4 - Nurturing Yourself and Asking for Help

To register for the group call Mary Malcom  
at  
**912-267 5462**

## **Compassionate Friends**

Bereaved families that have experienced the death of a child have an opportunity to meet with others on a regular basis who have endured similar losses. Compassionate Friends is a national self-help organization for families that have had a child die. For more information about local chapter meetings, call Pat McCord at Hospice of the Golden Isles, 912-265-4735. For information about the national organization, call toll-free 877-969-0010 or visit [www.compassionatefriends.org](http://www.compassionatefriends.org) on the Web.

**Second Monday of the Month  
from 6:00 - 8:00pm,  
At Hospice of the Golden Isles  
Bereavement Center**

## **Healing Hearts- Finding Hope: Monthly Grief Support for the Whole Family**

Families with children ages 4-12 are welcome to join us for this program. We will schedule an appointment for you with Lynn Lane, LCSW, or one of our other facilitators for a consultation interview. We provide dinner at 6:00 pm for registered families. From 6:30 to 7:30 we have family communication activities and break-out sessions with age appropriate activities for the children and education and support for adults. We can only enroll eight (8) families per session, so please call to register each month.

To register call the Bereavement Line at

**912-267-5462.**