Legacy Hospice

Hospice Bereavement Program

What We Understand About Grief

Legacy Hospice Services views grief and mourning as natural reactions following a death. The experience of grief can sometimes feel overwhelming, confusing and can affect many different parts of a person, including a person's body, emotions, relationships, behavior, spirituality and thoughts. While grief is a universal part of being human, each person may have a different way of experiencing, expressing and coping with grief. Though they may always feel some grief, most people gradually adjust and find ways to live with the loss.

How We Can Help

The bereavement program has developed a number of ways to assist grieving families. All of our services are provided free of charge by trained bereavement specialists. Services include:

- Grief education and information on grief support groups and classes for adults and children
- Short term supportive grief counseling for hospice families and the community at large
- Referrals to community resources
- Hospice memorial gatherings

Portland Area Grief Support Offerings

All Legacy Hospice grief support groups and classes are facilitated by grief professionals and are open to those grieving a loss through death. Groups are provided free of charge. Please call for current schedules; *registration is required for all group offerings.*

Understanding Grief: Information and Tools for Coping is a one-session class designed to
provide information to newly grieving people &/or their support people. Participants learn how to
identify their own grieving style and what coping strategies might best help them.

Second Tuesday of every month, Noon – 2 p.m., Legacy Hospice Office, NE Portland

 Ongoing Grief Support Groups offer the opportunity to meet other grieving people and share experiences and coping strategies. Groups meet continuously throughout the year in both the Portland and McMinnville area. New members are welcome to join at any time.

First & third Tuesdays, 6 – 7:30 p.m., Legacy Good Samaritan Medical Center; NW Portland

First & third Mondays, 10 – 11:30am., Legacy Meridian Park Community Health Education Center; SW Tualatin

 Pathways to Healing grief support groups offer nine weekly meetings. The group utilizes a grief book as a source of information and basis for discussion, as well as providing a safe environment for sharing and self-exploration. Creative and memorializing projects also aid in grief expression.

Wednesdays or Thursdays, 6:30 – 8 p.m., Legacy Hopewell House Hospice; SW Portland

Fridays, 10:30 – 12p.m., Legacy Meridian Park Community Health Education Center; SW Tualatin

LEGACY

(See back for additional group offerings and information)

- Me Too is an eight-week child & family grief support program serving children, teens and their parents or guardians. This program is a collaboration between Legacy Hospice Services, the Providence Hospice Programs and the Oregon Hospice Association.
 Mondays or Tuesdays for 8 weeks, 6 -7:45 p.m., East and West side Portland Metro locations
- Gay Men Together in Grief offers eight weekly meetings, providing a safe environment for sharing and self-exploration. Creative and memorializing projects also aid in grief expression. Participants receive a complimentary grief book as a source of information and basis for discussion.

Tuesdays, 6:30 – 8 p.m., NW Portland Call for location and registration.

• **Expressive Arts for Healing** is a support group that uses expression to explore and communicate the grieving process. Please call for information.

McMinnville Area Grief Support Offerings (registration required)

- Understanding Grief Information and Tools for Coping (see above description)
 Second Monday of the month from 3-4:30 p.m. at the McMinnville Senior Center
- Ongoing Grief Support (see above description)
 First & third Monday of the month from 3-4:30 p.m. at the McMinnville Senior Center
 First & third Thursdays, 10 11:30am., Legacy Meridian Park Community Health Education
 Center; SW Tualatin
- Men's Breakfast Social provides an opportunity for grieving men to find support and camaraderie while sharing a meal. Participants pay for their own meal.
 Fridays, 8 9 a.m. in McMinnville at Tommy's Restaurant
- Reclaiming You: Ideas and strategies for life transitions The purpose of this support
 group is to continue companioning the bereaved as they transition into life without their
 loved-one and centers on establishing a renewed sense of life, purpose and personal
 interest as life becomes more familiar with their re-identified Self.
 Fourth Mondays of the month 3 4:30 McMinnville Senior Center

To register for any of these groups /classes or to access other grief support

- in the McMinnville area call (503) 472-9685 or 1-800-361-8506
- in the Portland Metro area call (503) 220-1000

Legacy Hospice – McMinnville 2275 NE McDaniel Lane McMinnville, Oregon 97128 503-472-9685 toll-free 800-361-85 Legacy Hospice – Portland P.O. Box 3426 Portland, Oregon 97208 503-220-1000 toll-free 800-896-6287 **Legacy Hopewell House Hospice** 6171 SW Capitol Highway Portland, Oregon 97239 503-220-1000 or 503-225-6384