

**RESOURCES YOU CAN
RELY ON FOR HELP
WITH LOSS AND GRIEF**

Grief is a natural and normal reaction to a significant change or loss of any kind.

When a diagnosis of a terminal disease is made, the feelings of grief begin immediately in response to the real and anticipated changes and losses that will result from the illness. When death occurs, whether it be after a long illness or suddenly, the sense of loss is present. How the pain of loss affects each person is unique and often unpredictable. And yet, there are also shared emotions and responses to loss that make it possible for us to offer reliable help to those who are grieving.

Hospice of the Carolina Foothills is a good resource for you and your family, no matter the circumstances of your loss or the nature of your grief. Bereavement Care begins during the illness of a Hospice Care patient and continues for at least a year beyond the death. Bereavement support is also available for non-Hospice families.



**BEREAVEMENT CARE AT
HOSPICE OF THE CAROLINA FOOTHILLS**

Serving families cared for by Hospice of the Carolina Foothills, as well as those who live in the Carolina Foothills community.



It's about living!

NORTH CAROLINA OFFICE

130 Forest Glen Dr . Columbus, NC 28722 . 828.894.7000

SOUTH CAROLINA OFFICE

260 Fairwinds Rd . Landrum, SC 29356 . 864.457.9122

HOSPICE HOUSE OF THE CAROLINA FOOTHILLS

260 Fairwinds Rd . Landrum, SC 29356 . 864.457.9100

HOSPICE THRIFT BARN

1810 Highway 14 . Landrum, SC 29356 . 864.457.7348

www.hocf.org

Bereavement Care

AT HOSPICE OF THE
CAROLINA FOOTHILLS

Resources for help with loss and grief





Who can benefit from Bereavement Care?

Anyone served by Hospice of the Carolina Foothills. Because the needs of a family and main caregiver continue after the death of a loved one, hospice care continues throughout the first year of bereavement as grief support.

Anyone (children, teenagers, and adults) in the Carolina Foothills community who is dealing with grief and loss as a result of a death.

What can be helpful when I am grieving?

- Accepting and expressing your feelings.
- Finding good listeners who understand and support you.
- Talking with others who have experienced a similar loss.
- Taking good care of yourself, including getting adequate rest and eating nutritious foods.
- Learning more about grief—what to expect and what might help—through support groups, seminars, counseling, literature, and other resources.

What kinds of resources are available through Hospice Bereavement Care?

- Grief support groups
- Educational presentations
- Holiday grief seminars
- Individual grief counseling in both North Carolina & South Carolina
- Literature on specific losses
- Education on our web site

How can I find out more about Bereavement Care?

To talk with someone about how Bereavement Care might be helpful to you or a loved one, call 828.894.7000 in NC; 864.457.9122 in SC; or toll free 1.800.617.7132 and ask to speak with a grief counselor. During non-business hours, you may leave a confidential voice mail, or visit us online at www.hocf.org.

