

## Griefwords Library

Working through the grief that comes with losing a loved one is always a challenge. At Gulfside, we are here to help you in your time of need. The Griefwords Library, hosted by Horan & McConaty, offers articles with many practical suggestions to help you through all types of grief and move toward healing. Articles from the Griefwords Library can be found on our website at [www.Gulfside.org/griefwords-library](http://www.Gulfside.org/griefwords-library)

## Reflections of a Hospice Chaplain: Life Lessons from the Death Journeys of Young and Old

This book, written by Tom McQueen, M. Div., Director of Counseling & Advocacy Services at Gulfside, is designed to offer hope and comfort to the grieving and the bereaved. Tom is also available to speak at community groups, churches, and conferences on managing grief and bereavement. The book and the presentation are provided at no cost, thanks to generous donations from the community.

*Please contact us for more information  
about the Bereavement Support Services  
offered by Gulfside Hospice.*



800-561-4883 | [www.Gulfside.org](http://www.Gulfside.org)

# Bereavement Support Services



*Empowering the grieving to confront their pain and rebuild  
their lives as they embark on their journey through grief.*

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# Bereavement Support Services

Experiencing a loved one's death can be one of the most difficult and painful times in an individual's life. Grief is a normal and natural response to that loss and the changes it brings. During a time of grief we are exposed to the pounding waves of emotion that ultimately reshape our lives.

The goal of Gulfside Hospice's Bereavement Support Services is to assure long-term mental, physical, and social well-being of survivors by offering compassionate bereavement support for individuals and families.

Gulfside offers Bereavement Support Services to patients and their families, individuals in the community, and even Gulfside staff. All bereavement services are offered at no cost thanks to generous donations from the community. These services include:

## Individual & Family Grief Counseling

Gulfside's bereavement counselors offer guidance and support to individuals and families for up to 13 months following the death of a patient under Gulfside's care. Bereavement counselors will set up individual or family counseling appointments with clients who request individual grief counseling. Individual counseling is for those individuals or families whose loved one was a Gulfside Hospice patient.

## Bereavement Support Groups

Gulfside's Bereavement Support Groups are open to all individuals in Pasco County to share their loss experience with others who are also grieving. Participants in the support groups gain a better understanding of their own experience and learn to empathize with one another, contributing to self-esteem, trust, and hope in the future. For information about upcoming groups, call 800-561-4883.

## Creative Grieving Workshops

Creative Grieving Workshops, also open to the community, use a variety of media to express and work through grief. Workshops can include music, drawing, coloring, writing, meditation, and prayer. Counselors guide the participants through the tools aimed at teaching various ways to relax, reduce stress, and process grief feelings. No artistic training or talent is required, and each tool developed in the workshop is helpful in navigating the journey through grief.

## Pet Loss Support Group

Pets are members of our families. At the Pet Loss Support Group, you can share your feelings with others who are going through a similar experience of losing a pet. The Pet Loss Support Group meets the last Thursday of the month from 3 - 4:30 p.m. at the Rucki Hospice Care Center, 5760 Dean Dairy Road in Zephyrhills.

## Family Bereavement Program

The Family Bereavement Program is a haven where grieving children, teens and families can share their grief and normalize their grief journey, instilling a sense of balance, hope and healing. The Family Bereavement Program is for children ages 5-12, teens ages 13-17 and adult family members.

## Memorial Services

Gulfside's annual Service of Remembrance provides an opportunity for reflection and remembrance that can help families and friends move from grieving to experiencing the joy of remembering. Services of Remembrance are open to anyone in Pasco County who has lost a loved one, and are held on the east and west side of Pasco County to make it easier for families to attend.

## Anticipatory Grief Support & Resources

While receiving care from Gulfside Hospice, patients and families receive monthly visits by Gulfside chaplains and social workers, who provide resources and support for anticipated grief. Individual counseling by a bereavement counselor is also offered if recommended by the team chaplain or social worker.

*"Grief is like the ocean; it comes in waves, ebbing and flowing.  
Sometimes the water is calm, and sometimes it is overwhelming.  
All we can do is learn to swim."*

**- Vicki Harrison**

