

Frequently Asked Questions about Bereavement Support

What services does the MW Hospice Bereavement team provide?

Support groups	Written materials on grief and loss
Supportive telephone calls	Referrals to community resource
Short-term counseling	

Who is eligible to receive bereavement support?

- Family members and caregivers of hospice patients
- Community at large

What should I know about Support Groups?

Support groups can provide information about the grief process and the opportunity to meet other people grieving the death of a loved one.

Support groups provide a place where you can share your feelings, thoughts, and emotions or simply listen. You decide how long and when you are ready to share.

Counselors that facilitate group sessions hold a minimum of a Master's degree and have specialized experience in grief related issues.

Is the information I share confidential? Is there a fee?

All group sessions are free and confidential.

What are some common grief responses?

At first it feels as if the loss is not real. Loved ones may feel forgetful, confused, sad, guilty, angry, anxious, tired, unmotivated, loss of appetite, sleep disturbances, and social withdrawal.

Some people have delayed responses and again we are here for you when you are ready.