

## COMMUNITY BEREAVEMENT SUPPORT GROUPS

Our support groups are open to anyone in the community who has experienced a significant loss in their life due to a death.

### **Bandon**

*(Coastal HHH Office)*  
1010 1<sup>st</sup> St SE Ste 265  
12:00PM – 1:00PM  
2<sup>nd</sup> and 4<sup>th</sup> Fridays—Monthly

### **Port Orford**

*(Port Orford Library)*  
1421 Oregon St  
12:00PM – 1:00PM  
1<sup>st</sup> and 3<sup>rd</sup> Mondays—Monthly

### **Gold Beach**

*(Coastal HHH Office)*  
29975 Harbor Way Ste A  
12:00PM – 1:00PM  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays—Monthly

### **Brookings**

*(Coastal HHH Office)*  
306 Wharf St  
3:00PM – 4:00PM  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday—Monthly

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Our community Bereavement Programs welcomes anyone who has experienced a personal loss through death.

We encourage sharing during the grief and recovery process.

Group & Individual support is available.

Please share this information with anyone you know who is grieving.



For additional information phone:

Lynne Meininger, MSW, LCSW  
Bereavement Coordinator  
29975 Harbor Way Ste A  
Gold Beach, OR 97444

541-247-7084 OR 800-535-9472

[www.coastalcares.org](http://www.coastalcares.org)



## COMMUNITY BEREAVEMENT PROGRAMS 2016



Drawn and painted by Marcella Taylor in memory of William  
(Bill) Taylor

# COMMUNITY



When you lose a loved one, you begin a sometimes long process of bereavement. You may find yourself experiencing a number of feelings and emotions. These may include shock, disbelief, sadness, and loneliness.

It may also include depression, fear, anger, or guilt. These feelings are all part of an emotional reaction called *grief*.

Grief can be overwhelming to some, while others tend to keep their feelings inside. Some will express their grief openly, while others remain in the shadow of their loss.

Our bereavement support groups will help you through this time. With meetings twice a month in Bandon, Port Orford, Gold Beach, and Brookings the group and its leaders are here to:

# BEREAVEMENT

## Listen

Listening is the greatest gift our support group can offer you. When you share with others who understand your loss, you are allowed to relive the moments that meant so much to you.

Our group allows you to respond to your emotions as they rise, and permits you to be comfortable with your tears while others listen with a knowing heart. Know that what is said or what occurs in the group is confidential and will remain so.

## Accept all Feelings

Expressing emotions is a natural and necessary part of the grief process. Our group will not pass judgment on how “well” the grieving person is or is not coping. Everyone grieves in their own way, and in their own time and that is always respected. As one group member states, “you just take one day at a time”.

## Offer Hope

Many people who are grieving have difficulty imagining they will ever be happy again. Believing in your ability to get through this time will strengthen you and others. In time, with the groups support, you will rediscover a new inner strength.

# PROGRAM

## Further Education

Throughout the year *Coastal Home Health & Hospice* offers training and educational programs focusing on grief. The grief process can include being there to just hold hands during a passing or helping at group meetings.

If you are interested in becoming a hospice volunteer, please call our Outreach Department at 541-512-5040 for more information.



## Short Term Support

One on one individual short term counseling is available through our grief support team. However; if long term support or complicated grief issues arise you may be referred to a professional counselor.