

Bon Secours of Richmond Hospice and Palliative Care Bereavement Services



BON SECOURS RICHMOND HEALTH SYSTEM



The Butterfly: A Symbol of Hope, A Symbol of New Life.

**“A butterfly lights beside us like a sunbeam.
And for a brief moment its glory and beauty belong to our world.
But then it flies on again, and though we wish it could have stayed,
We feel so lucky to have seen it”.**

By Eunice Brown

Death or permanent loss of someone loved can certainly be the most painful and loneliest of experiences, and one of the hardest from which to recover. Facing one's grief can however result in eventual peace, new strengths and purpose. Because grief is so painful, some people try to “get over” a loss by denying their pain. Studies show that when people don't deal with the emotions of their grief, the pain does not go away and only prolongs the process of them being able to “let go” and “move on” with their lives.

Bon Secours Hospice holds community based grief support groups throughout the Greater Richmond area. Our services are free of charge and open to anyone who is grieving the death of a loved one. Meetings are informal and offer a place to share your thoughts or concerns with a trained bereavement hospice professional and a trained volunteer. Come and drink a cup of coffee with someone who cares and wants to listen while you share your personal story and feelings about your loss. We would love to help you.

Adult Bereavement Support Groups

Adult groups provide an opportunity for those grieving the loss of a loved one to process their grief and to gain support through this most difficult time. Groups help individuals to understand better the grief process and how to celebrate and honor the loved ones we have lost. Groups meet weekly and are held in the day or evening. We use the book Understanding Your Grief.

Bon Secours Hospice Bereavement Services cont.

Memorial Service-A Celebration of Remembrance

Our quarterly Memorial Services are held in the St. Mary's Hospital Chapel to honor and celebrate the lives of those people we have loved and lost.

Who would benefit from attending a group?

Anyone who has lost a loved one in the previous year prior to start of group.

What happens during a group?

A highly trained grief professional assists the group in recognizing and understanding the "symptoms of grief" – the thoughts and feelings that are a normal part of the grief process. Trained volunteers are also available to help provide additional support for each group member to share their story.

Do I have to talk?

Group members are never pressured to talk about anything before they are ready to share. Just come and listen and realize you are not alone.

How long does a group last?

Generally bereavement support groups run continually throughout the year but we ask that you make a commitment to attend 8-12 sessions which is the usual expected commitment time of most grief programs. They last 1.5 Hrs.

Does my loved one have to have been a Hospice patient?

No, any person in the community who has experienced the loss of a loved one may benefit from the support group.

How much does it cost?

All bereavement support groups are offered free to the community and are made possible through thoughtful gifts to Bon Secours Hospice in memory and in honor of loved ones. Donations can be made at anytime and can be sent to the Bon Secours Richmond Foundation in care of Ms. Peggy Wilson at our address.

All our weekly groups require a face to face pre-registration appointment. For more information or to schedule your registration appointment , please contact the Bon Secours Hospice Bereavement Coordinator by calling 804-627-5371:emailing us at

HospiceBereavement@bshsi.org or writing to:

Bon Secours Hospice

8580 Magellan Parkway

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Also check out our web site address at www.bonsecours.org