

Grief Support Newsletter

St. Francis
REFLECTIONSSM
Lifestage Care

St. Francis Reflections Grief Support Program

St. Francis Reflections Lifestage Care supports and assists those who are grieving as they process through their grief and healing period. We are committed to providing a comprehensive program available to any Brevard County resident in need of grief support.

The Grief Program consists of a variety of grief support activities, including adult programs, social activities, and community events.

St. Francis Reflections Lifestage Care also offers North Star, a specialized program for grieving children, teens, and their families. Through play and talk with each other, the children have the power to help themselves heal and help each other in the healing process.

How to Contact St. Francis Reflections Grief Support

To learn more about the Grief Program and current monthly schedule of group meetings, social events, and memorial events, please contact the grief coordinators at 321-269-4240

To learn more about the Children's Grief Program for grieving children, please contact the Program Coordinator at 321-264-1687



Survivor Response Survey

St. Francis Reflections Grief Services provides support to survivors throughout the year following the death of their loved one. The services are optional, free of charge, and are listed below.

Mailing Program: seven letters are sent free of charge over twelve months following the death of your loved one. The letters include ideas and suggestions for working through grief and moving into healing.

Monthly calendar: schedule of grief support groups, social events, luncheons, and breakfasts, mailed at the same intervals as the letters.

Phone calls from our Grief Team throughout the first year following the death of your loved one to offer support, encouragement and a listening ear.

The Grief Department also offers a variety of services listed below

- * Individual and/or family grief support
- * Spiritual support and pastoral counseling
 - * Grief support groups
- * Grief support information and literature
 - * Community resource information

St. Francis Reflections Lifestage Care holds an annual memorial service to honor and celebrate the lives of the patients we were privileged to care for during the year. We will mail you an invitation at the time of the memorial service.

*In an effort to best support you, please email us at griefsupport@reflectionsisc.org or call us at 321-269-4240 and indicate if there are services listed above you wish to *not* be a part of or receive. When contacting us to remove yourself from any part of this, please indicate your name and your loved ones name.

What to Expect in Normal Grief

Your Grief Will:

- Take longer than most people think.
- Take more energy than you would have ever imagined.
- Involve many changes and be continually developing
- Show it's self in all spheres of your life- psychological, social, and physical.
- Depend on how you perceive the loss.
- Entail mourning not only for the person, but for the hopes and dreams you held for and with that person, and for the needs that will go unmet because of the death.
- Involve a wide variety of feelings and reactions such as depression and sadness.

You Will:

- Grieve for many things, both symbolic and tangible-not just the death alone.
- Grieve for what you have lost now and what you have lost for the future.
- The loss will resurrect old issues, feelings, and unresolved conflicts from the past.

You May:

- Feel some anger and depression such as irritability, frustration, annoyance, and intolerance; even at those trying to help.
- Feel anger and guilt or at least some manifestation of these emotions.
- Have some identity confusion as a result of the major loss and the fact that you are experiencing reactions that may be quite different for you.
- Have a lack of self-esteem and a lack of self-concern.
- Experience grief spasms-acute upsurges of grief that occur suddenly with no warning.
- Have trouble thinking-memory, organization, and decision making.
- You may feel like you are going crazy.
- Be obsessed with death and preoccupied with the deceased.
- Find yourself acting socially in ways that are different than before.
- Begin a search for meaning and may question your religion and philosophy of life.

Certain Truths that you need to Note

- Special dates, events, and stimuli will bring upsurges in grief. This is normal. Society will have unrealistic expectations about your mourning and may respond inappropriately to you.
- Friends may avoid you because they are unsure of how to respond to you. Give them a chance. Tell them what you need because they do not know. Your grief will bring an intense amount of emotion. It will surprise you and those around you. Most of us are unprepared for the response we have to a major loss.
- Don't be afraid. Many people fear the 'letting go' of emotions and crying will mean that they are unable to stop or gain control again. This does not happen. People cry as much as they need to, and tears are healing! Unexpressed grief can damage you physical and emotional health.