

Grief Resources



Hospice
of Southern Kentucky, Inc.

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Bereavement Team

Coordinator

The coordinator is available to you to help with the adjustment of your loss.

Chaplain

Provides spiritual and emotional support. Whether the needed support is faith based or not the Chaplain can help the family work through the bereavement process with a focus on hope, peace, purpose, courage and strength.

Social Worker

Provides emotional support, help with financial concerns and community resources, and discharge planning. The social worker can help with difficult issues such as explaining death to children, funeral planning, and family problems.

Self-Care

When experiencing the loss of a loved one, we can easily forget to take time for ourselves. Below are a few tips for practicing self-care to help get through the grieving process.

Helpful Tips

- Take a walk
- Practice deep breathing
- Get enough sleep
- Keep your doctor's appointment
- If you were on any medication before continue taking those medications
- Join a support group
- Reach out to your faith leader
- Consult a therapist
- Try a new hobby such as journaling, sewing, painting, etc.
- Create a bucket list



Internet Resources

AARP

www.aarp.org/griefandloss

The website provides a variety of information for those who are grieving.

Grief.com: Because love never dies

www.grief.com

The website provides online support groups and lots of educational material and videos about grief.

Refuge In Grief

www.refugeingrief.com

The website provides assistance for individuals coping with an unexpected loss.

Centering Corporation

www.centering.org

The website has books and magazines about grief to purchase also has workshops to attend to help you learn more about grief.

Dougy Center

www.dougy.org

The website provides information about grief for all ages. Along with podcasts and other great resources.

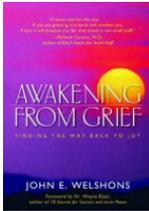
Modern Loss

www.modernloss.com

This website provides articles about loss, essays from others who have gone through different kinds of loss, and way to connect with other people who have experienced loss as well.

Books from Public Libraries

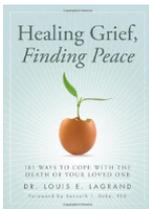
Books for Adults



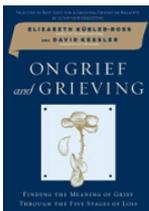
Awakening from Grief: Finding the Way Back to Joy
by John E. Welshons



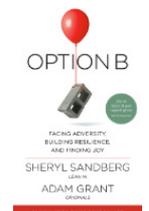
Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief
by Norine Dresser, Fredda Wasserman



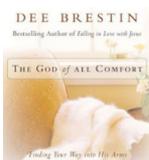
Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One
by Louis E. LaGrand



On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss
by Elisabeth Kübler-Ross, David Kessler

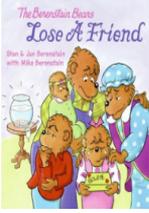


Option B: Facing Adversity, Building Resilience, and Finding Joy
by Sheryl Sandberg, Adam Grant

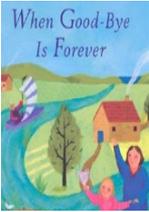


The God of All Comfort: Finding Your Way into His Arms
by Dee Brestin

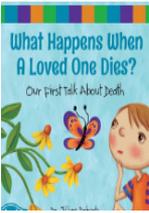
Books for Children



Berenstain Bears Lose a Friend
by Stan Berenstain, Jan Berenstain



When Good-bye Is Forever
by Lois Rock



**What Happens When a Loved One Dies?:
Our First Talk About Death**
by Dr. Jillian Roberts



**Something Very Sad Happened: A
Toddler's Guide to Understanding Death**
by Bonnie Zucker, PsyD

Your local library can assist you in finding these books and other books related to grief.

Support Groups

Online Support

Not only do the websites below offer a support group, but they also provide educational resources related to grief.

Websites

Compassionate Friends (loss of a child of any age)

www.compassionatefriends.org

The website strives to provide families with support after the loss of a child.

Grief Net

www.griefnet.org

The website provides email support groups and also two websites with resources to help get families through this difficult time.

Grief Share (a Christian/scripture-based program)

www.griefshare.org

The website contains personal study exercises. You can also use your zip code to find a grief share support group near you.

Counseling Services

The following list of therapists who specialize in grief/bereavement.

FamilyWorks Therapy & Counseling Out-patient Clinic

(Serves all 9 counties)

Phone: (270) 746-6600

They accept all Medicaid and most private insurance

They also have individual pay rates

Call their office for more details

LifeSkills Inc.

(Serves all 9 counties)

Phone: (270) 901-5000

They accept all Medicaid and most private insurance

Alliance Counseling

(Barren county)

Phone: (270) 678-4801

104 Reynolds Rd

Glasgow, KY 42141

They accept all Medicaid and most private insurance

Bluegrass Professional Counseling

(Hart county)

Phone: (270) 697-9150

103 East South Street

Munfordville, KY 42765

They accept Medicare, all Medicaid, and all private insurance

Counseling Services Cont

The following list of therapists who specialize in grief/bereavement.

Wilson Counseling

(Logan county)

Phone: (270) 904-1072

252 N Main Street

Russellville, KY 42276

They accept Medicare, all Medicaid, most private insurance, and Military insurance

FamilyCare Counseling & Wellness Center

(Simpson county)

Phone: (270) 253-3722

215C Bluegrass Rd

Franklin, KY 42134

They only accept Kentucky Medicaid

McCoy Counseling Center

(Warren county)

Phone: (270) 599-4004

855 Lovers Ln #107

Bowling Green, KY 42103

They accept all Medicaid and most private insurance

It is strongly advised that you contact your health insurance provider to see what your benefits are and any co-pays that you will be responsible for paying.

Contact Us

Hospice of Southern Kentucky, Inc.

5872 Scottsville Rd, Bowling Green, KY 42104

(270) 782-3402

Hours:

Monday - Friday: 8 AM - 4:30 PM

Emergency Service: 24/7



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