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Healing Center offers enhanced grief support groups and journaling

[July 28, 2022, West Michigan] Grief support is an important part of the services Harbor Hospice offers to its families and our community. Harbor Hospice has always provided a variety of free of charge supportive services for those who are grieving after the death of a loved one, a beloved pet, or dealing with other losses associated to caregiving, health issues and other life situations.

The unprecedented COVID-19 pandemic has been difficult for many in the five-counties we serve and beyond. Experiences of friends and family members dying with no goodbyes, job losses, and more; we know our community is grieving and we want you to know you are not alone.

The Harbor Hospice grief support team evaluated our grief program groups with research, schedules, and content. This summer new new options for group support including grief journaling, finding your joy, and spouse/partner or child loss are now available.

"Thank you to the communities we serve during this time of transition in our grief support department at Harbor Hospice. We are grateful for the feedback we have received to help us modify our services to better meet the needs in our community for grief support," said Pamela Wingard, social work and counseling services manager. "Harbor Hospice is excited to offer new programs starting this summer in addition to continuing to offer individual counseling at no cost to the bereaved."

Grief has no time limit, and many find that reaching out for support and help can increase a sense of well-being and strength.

"Grief is different for each individual. Thus, there is not a one size fits all method of providing grief services," said Lisa Watson, bereavement counselor. "Harbor Hospice is excited to be offering short term, topic-focused support groups to assist our community with navigating the grief and loss journey."

For more information or to register for a group, contact us at 231.728.3442 / 1.800.497.9559 or email info@HarborHospiceMI.org or visit our website at [HarborHospiceMI.org/services/grief-support](https://www.HarborHospiceMI.org/services/grief-support).

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