

Hospice of the Valley is a not-for-profit organization serving families and patients with life-limiting illnesses in Maricopa County since 1977.

If you are interested in learning more about our grief support services, please call 602.530.6970 or visit hov.org.

*Hospice of the Valley
Bringing comfort and dignity
as life nears its end.*



1510 E. Flower St., Phoenix, AZ 85014.5656

phone: 602.530.6900 fax: 602.530.6901

web site: hov.org

Not-for-profit / Medicare certified

At Hospice of the Valley, we do not discriminate on the basis of age, race, gender, religion, mental or physical disability or ethnicity of the clients we serve, the people we hire or the staff we send on assignments. Our commitment is to provide our patients with a caring team of highly qualified compassionate professionals.



Grief Support Services

a Personal Guide



SUPPORT GROUPS

One of the hardest things in life is to face the pain of loss. Every life, every relationship and everyone's grieving is unique. It can help to know more about grief, to share with others who understand and to find personal ways to express the experience. Hospice of the Valley offers many grief support services and resources to you and your family.

Adult Grief Support Groups

Groups led by professional grief counselors are held twice a month Valleywide. They are open to the community regardless of whether the person who died was on hospice services. Registration is not required. Visit hov.org for current schedule and locations.

Child and Family Peer Support Groups

New Song Center for Grieving Children, a program of Hospice of the Valley, offers ongoing grief support groups for children, teens, young adults and adults who are grieving the death of someone they love. Register by calling New Song Center: 480.951.8985 or visit newsongcenter.org.

Holidays and Specific Groups

Special remembrances and short-term groups address loss in relation to holidays and specific types of loss, such as the death of a spouse or a mother. Visit hov.org.

COUNSELING AND OTHER SUPPORT

Short-term Grief Counseling

Within the first year, bereaved families of Hospice of the Valley may receive short-term professional grief counseling at no charge.

School, Work and Faith Settings

Specialists provide education and support to community groups dealing with grief and loss.

Light Up a Life

This annual outdoor community event is held under the stars every November to memorialize and honor those who have died.



The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

—Henri Nouwen (1932-1996), Belgian priest
from *Out of Solitude* (1974)

RESOURCES

Educational Materials

The following resources are available online at hov.org/grief-support-resources or by calling 602.530.6970.

Bereavement In Touch

A bi-monthly newsletter for our bereaved families.

Finding Your Way Through Grief: A Guide for the First Year

A practical book about managing grief.

Helping Another In Grief

A booklet for those who are supporting someone who has suffered a loss.

Teen Grief

A booklet and DVD for teens and caring adults.

Online Resources

Hov.org

Click on Our Care, then Grief Support for information on grief issues, grief support groups, free resources and education materials for purchase.

NewSongCenter.org

Information on support groups and resources for children, teens, young adults and families.