

About the Group Facilitator

Julie Moore is a social worker, bereavement coordinator, and counseling manager for HighPoint Hospice. She has specialized in the field of dying and bereavement for over 15 years. She has continued to increase her knowledge on death and dying, staying up to date with the latest theoretical offerings and most effective practice, by interacting with experts in the field.

Concerns I would like to bring to the group:

You may make a list and give to the facilitator at the beginning of the group time.



HighPoint Hospice

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HighPoint Hospice

***5 Week Grief
Support Group***

**For More Information
Call 615-328-6690**



SUMNER REGIONAL MEDICAL CENTER

At HighPoint Hospice, we recognize that grief is a natural and normal process we experience due to loss in our lives. The loss of a loved one can be traumatic and cause intense feelings of grief and loss.

Support groups are often helpful to individuals who are comfortable sharing their story and listening to others stories. HighPoint Hospice provides grief support groups which are open to anyone in the community.

HighPoint Hospice support groups are facilitated by qualified professionals seeking to provide assistance to those who are grieving.

HighPoint Hospice Support groups are free. Our 5 week group has an educational component as well as an experiential component as each participant is asked to share with the group from his/her experience.

Program Outline

Week 1: Getting to know one another through grief. Grief, bereavement, mourning.

Week 2: Symptoms of grief. No, you're not crazy.

Week 3: Tasks of Grieving I and II. Where you've been, where you're going.

Week 4: Tasks of Grieving III and IV.

Week 5: Surviving the hard times and plans for the future.



Goals of the Group

1. To normalize your experience.
2. To reinforce you are not alone.
3. To give you more tools to cope.
4. To encourage your continued growth throughout your life span.

We can help on your journey to healing.

Grief is not easy. Help is just a phone call away. Call today and register for our 5 week Grief Support Group.

- Now registering for our next grief group!
- Call 615-328-6690 to register.

If you feel you need help immediately, please contact:

Crisis Hotline
at 800-704-2651
Someone will answer this line
24 hours a day,
7 days a week.