

Grief and loss can affect everyone differently.

What support is best for me?

As you grieve the loss of your loved one, how you experience and work through your grief tends to follow one of three ways:

- You intensely feel and express your emotions of grief
- You spend more time mentally processing the grief
- You experience a combination of the two

The key to successfully navigating through your grief is to identify your grieving style and get connected with the type of support that best meets your needs.

Our bereavement staff is committed to ensuring the bereaved will benefit from the investment of time and commitment to healing by starting out on the appropriate path of support.



Living Through Loss

2017-2018



Living Through Loss 2017-2018

This nine month series focuses on the issues surrounding the death of a loved one.

All sessions are free and open to the public.

Location:

Blanchard Valley Hospital
Marathon Auditorium
1900 South Main Street
Findlay, Ohio 45840

Registration is appreciated but not required.

To register, call 800.982.3306 or email bridge@bvhealthsystem.org

The group is professionally facilitated. Some presentations are followed by discussion. Participation in the discussion group is optional, and many people find it very helpful.



Findlay - 419.423.5351

Bowling Green - 419.352.9808

Tiffin - 419.443.1363

Please Join Us!

September 18, 2017

7 - 8:30 p.m.

The Journey through Grief: What to Expect Along the Way

January 15, 2018

7 - 8:30 p.m.

Understanding Depression in Grief

October 16, 2017

7 - 8:30 p.m.

Dispelling the Myths and Misconceptions of Grief

February 19, 2018

6:30 - 8:30 p.m.

Taking Care of You!

Take care of yourself this evening with support, laughter, massage therapy and mood-lifting desserts!

November 20, 2017

7 - 8:30 p.m.

Facing the Holidays After a Loss

March 19, 2018

7 - 8:30 p.m.

Cooking for One: You Food, Your Mood

December 18, 2017

7 - 8:30 p.m.

Will it be a Blue Christmas?

April 16, 2018

7 - 8:30 p.m.

Grief & Tough Topics

May 22, 2017

7 - 8:30 p.m.

Reinvesting in Life: Discussing Growth, Reconciliation and Renewal

Additional Bridge Bereavement Groups

Understanding Grief

When someone you love dies, it can be hard to understand the complex thoughts and feelings that you experience.

Our three hour educational presentation helps you learn about the grief process and identify essential physical, emotional, cognitive, social and spiritual actions that will help yourself heal.

Group S.T.A.R.

Following the death of a loved one, children often experience a myriad of mixed emotions that they do not know how to verbalize or appropriately express.

This group will provide focused activities to help kids, ages 6-12, learn more about and share these feelings in a safe, accepting environment.

Grief Reflections

Several of our groups that focus on the physical, mental, social and emotional aspects of grief are offered at various times throughout the year. These groups include:

- Creative Expressions
- Forever Memories
- Coffee Connection

Additional Bridge Bereavement Services

- One-on-One Support
- Lending Library
- Grief & Loss Education
- Companion Volunteers
- Referral Assistance
- Support Groups
- Grief Support Services for Children, Adolescents & Teens

Please contact 1.800.982.3306 for more details