

## Are you struggling to cope with the loss of a loved one?

Any loss is an opportunity for grief. This is especially true when anticipating the death or coping with the loss of someone close. Grief is a healthy, natural and adaptive response to loss. The Hosparus Health Grief Counseling Center invites you to be curious about your grief, to learn from it, and to use it to enhance your life and heal from grief. Through our comprehensive services you will find the information, support and compassionate care you need for your grief and that of those close to you.

## You are not alone.

Many people experience the emotional ups and downs of coping well and struggling to cope with a loss. This is completely normal.

Anyone experiencing a loss can benefit from our support programs. We provide consult, education and counseling sessions to attend and care for your grief, so you can continue adjusting in healthy and adaptive ways.

## What is the cost of services?

Grief counseling services are available at no cost to families of hospice patients prior to and up to 13 months following a death.

For the community, our services are provided to anyone grieving a loss due to death. Thanks to generous support through grants, foundations and individual donors, fees for counseling services are determined by sliding scale (based on income) and can include financial assistance for those unable to pay. Some insurances are also accepted. Many support groups and educational programs are provided at no cost.

**These organizations and many others support our Grief Counseling Services program:**



## GRIEF COUNSELING LOCATIONS

### Barren River - Bowling Green

101 Riverwood Avenue, Suite B  
Bowling Green, KY 42103

### Barren River - Glasgow

1320 North Race Street  
Glasgow, KY 42141

### Central Kentucky

105 Diecks Drive  
PO Box 2149  
Elizabethtown, KY 42701

### Green River

Green River Plaza, Suite 5  
295 Campbellsville Bypass  
PO Box 4134  
Campbellsville, KY 42718

### Indiana - Jasper

225 West 41st Street, Suite C  
Jasper, IN 47546

### Indiana - New Albany

502 Hausfeldt Lane  
New Albany, IN 47150

### Louisville

3526 Ephraim McDowell Drive  
Louisville, KY 40205

Since 1978, Hosparus Health, a fully accredited not-for-profit hospice and palliative care organization, has provided medical care, grief counseling, symptom and medication management and more for people facing serious and chronic illnesses in Kentucky and Indiana.



800-264-0521 | [HOSPARUSHEALTH.ORG](https://www.hosparushealth.org)  
A NOT-FOR-PROFIT ORGANIZATION

## GRIEF COUNSELING

# We're with you every step of the way.



HOSPARUS HEALTH®

## Grief is an opportunity...

Grief is a natural, expected, and adaptive response to loss. Just as our bodies engage our inner processes to heal from physical wounds, grief might best be thought of as the inner process by which we heal from the emotional wounds caused by loss.

But much more than an emotional response to loss, grief is also a physical, mental, social and spiritual response. Grief is an opportunity to engage oneself deliberately to heal from loss.

## to create more moments.

Grief invites us to consider three questions:

- Who was I prior to a loss?
- Who am I now?
- Who will I become because of this loss and all that came before?

Grieving is an active process, one in which we are invited to learn from our experiences, reexamine those things that are most valued, and recreate our stories while continuing to move forward in our lives. It is about reconnecting and treasuring past moments even as we learn to create new ones.

Loss is a deeply personal and unique experience. When grief is shared, we recognize that we are not alone and that our thoughts, feelings and questions are normal. In grief, there is the invitation to learn from the collective wisdom of others who share a common, though not identical journey.

## Comprehensive programs and services

Our Grief Counseling Center offers the area's most comprehensive services for children, teens, adults, and families coping with loss due to death.

All of our grief services are provided by licensed mental health professionals with years of experience and specialized training.

### OFFERINGS

*(may vary by location - call to confirm)*

- Individual and family counseling
- Peer-centered support groups, including:
  - Spouse Loss
  - Parent Loss
  - Child Loss
  - Adult Loss
  - LGBTQ+ Loss
- Community response following a crisis or sudden death experience
- Annual remembrance ceremonies
- Specialized educational programs and materials
- Community-based programs, working collaboratively with community partners
- Camp Evergreen, a specialized family program
- Professional education
- Lending library



I began counseling before my mother's death and will continue now that she has passed away. The experience has helped me know what to expect and answered my questions about what would happen. I worked through issues I had so now I can say I have no regrets or guilt about her death. It has given me a more positive attitude. Thank you for offering this.

- GRIEF COUNSELING CLIENT