

## Grief Counseling and Support

Grief is a natural and adaptive response to loss. Whether you are anticipating a death or coping with one, the Hosparus Health Grief Counseling Center is here to support you.

We invite you to explore your grief with curiosity and care. Our counseling services provide information, guidance, and compassionate support for you and those close to you.

## You Are Not Alone

Many people experience emotional ups and downs as they adjust to life after loss. This is a normal part of the grieving process. Anyone who is grieving can benefit from our services.

We offer consultations, education, and counseling sessions to help you understand and care for your grief in ways that support healthy healing.

## Cost of Services

Grief counseling is available at no cost to families of hospice patients for up to 13 months after a loss.

Services are also available to anyone in the community who is grieving the death of a loved one. Thanks to generous support from donors, foundations, and grants, we offer a sliding fee scale based on income. Financial assistance is available for those who qualify. Some insurance plans are accepted, and many support groups and educational programs are provided at no cost.

## Contact Grief Services

Visit our website to view our calendar of grief services or you may call 502-456-5451 or 888-345-8197.

WITH GRATITUDE TO THE ORGANIZATIONS  
THAT SUPPORT GRIEF SERVICES



SCAN THE QR CODE TO VIEW  
A COMPLETE LIST OF THE  
COMMUNITIES WE SERVE.



Hosparus Health champions equitable access to compassionate care by delivering specialized programs and holistic support for people facing serious illness. As one of the nation's largest nonprofit community-based providers, we are dedicated to improving quality of life for patients and families throughout Kentucky and Indiana.

800-264-0521 | [HOSPARUSHEALTH.ORG](https://HOSPARUSHEALTH.ORG)  
A NONPROFIT ORGANIZATION

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GRIEF SERVICES

# We're With You Every Step of the Way



HOSPARUS HEALTH®

## Grief Is an Opportunity to Heal

Grief is a natural and adaptive response to loss. Just as our bodies work to heal from physical wounds, grief helps us heal from the emotional pain of losing someone we love.

Grief is more than an emotional experience. It can also affect us physically, mentally, socially, and spiritually. It is an opportunity to pause, reflect, and move toward healing with intention and support.

## Grief Helps Us Create New Moments

Grief invites us to reflect on three questions:

- Who was I before this loss?
- Who am I now?
- Who am I becoming through this experience?

Grief is personal and unique. When we share our grief, we recognize that our thoughts, feelings, and questions are normal. Through connection, we can learn from the wisdom of others and find strength in shared understanding. We can honor past moments while allowing ourselves to create new ones.



## Comprehensive Programs and Services

The Grief Counseling Center offers compassionate support for children, teens, adults, and families coping with loss due to death.

All services are provided by licensed mental health professionals with advanced training and years of experience in grief support.

## Our Services

Availability may vary by location. Please 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
- Annual remembrance ceremonies
- Educational programs and printed materials
- Community-based programs in partnership with local organizations
- Camp Evergreen, a specialized family grief experience
- Professional education for providers
- Grief support lending library



"I began counseling before my mother died and continued after her passing. The experience helped me understand what to expect and gave me space to ask questions and work through difficult emotions.

Now, I have no regrets or guilt about her death. Counseling has given me peace and a more positive outlook. Thank you for offering this support."

- GRIEF COUNSELING CLIENT