



GRIEF SUPPORT SERVICES

The Grief Support Program of Hospice of Santa Cruz County offers group and individual support to anyone in Santa Cruz County who has experienced the loss of someone through illness or sudden death.

Individual Grief Support

Short term, one-on-one support with a trained volunteer or intern is available by appointment. We offer four sessions of anticipatory grief support before a death and eight sessions of grief support after a loss. Please call for details.

Grief Support Groups

Trained volunteers facilitate 8-week grief groups. Groups are offered throughout the year to help adults coping with:

- *Loss of a Parent*
- *Loss of a Spouse or Partner*
- *Loss of a Child*
- *Loss of a Sibling*

Drop-in General Grief Groups in English and in Spanish are held weekly.

Support for Businesses and Agencies

We also provide support for businesses and agencies that have been impacted by a death in the work community.

Support for Children

The Healthy Understanding of Grief Program (H.U.G.) provides individual and group support to children and teens. See details on the reverse.

Fees:

- Individual support: provided on an income-based sliding scale
 - Grief groups: \$80/eight weeks, recommended donation
 - Drop-in General Grief Group: \$10/session, recommended donation
- Family of Hospice of Santa Cruz County patients may receive support at no charge for 13 months following the loss of their family member.

Grief is the natural, normal and healthy response to loss. Each grief journey is unique. Give yourself the time and attention you need to heal by coming in to receive support from people who care.

For more information, call the Grief Support Program of Hospice of Santa Cruz County at 831-430-3000.

SUPPORTING GRIEVING CHILDREN



The H.U.G. (Healthy Understanding of Grief) Program of Hospice of Santa Cruz County offers individual and group support for all children and teens in the community who are facing the death of a relative or friend, whether anticipated, as from an illness, or unexpected.

Support is offered at our Hospice of Santa Cruz County office located in Scotts Valley. In addition, our H.U.G. *Griefbusters* program supports elementary, middle, and high school children within the school setting. Our services include:

♥ Individual Support Before a Death ♥

Support helps children to cope with the many changes that occur when someone they care about has been diagnosed with a terminal illness and to begin the process of healthy grieving.

Community children may receive support for 4 individual sessions. Children of Hospice of Santa Cruz County patients receive ongoing individual support while their loved one is on service. Each child is matched with one of our trained volunteers or interns.

♥ Individual Grief Support After a Death ♥

Support is designed to assist children in their unique grieving and healing process.

Children may receive support for 8 individual sessions. Each child is matched with one of our trained volunteers or interns.

♥ Group Grief Support ♥

Grief Groups are offered throughout the year for the different age groups and are facilitated by staff and our trained volunteers or interns.

Children's Grief Group - ages 5-12

Art, play, movement, story telling and shared experiences are used to facilitate healing in these groups lasting 8 weeks. A separate adult group is offered at the same time. It is for the parents and caregivers of the children.

Teen's Grief Group - ages 13-18

Teens join peers in a safe and caring environment where each can feel understood, accepted, and supported in their grief for 6 weeks.

Fees:

- Individual support: provided on an income-based sliding scale
 - Children's Grief Group: \$80/eight weeks, recommended donation
 - Teen's Grief Group: \$60/six weeks, recommended donation
- Family of Hospice of Santa Cruz County patients may receive grief support at no charge for 13 months following the loss of their family member.



H.U.G. Healthy Understanding of Grief
Grief Support Program
Hospice of Santa Cruz County 831-430-3000