

Visiting Nurse believes that providing interactive Grief & Loss Education serves as an integral part in honoring life.

Furthermore, education plays an important role in wellness as human beings and in our ability to adapt to change.

Our goal is to provide a quality Grief & Loss Education Program to our families and the community at large. All programs are provided at no charge and are open to any adult who has suffered the loss of a loved one. Hospice involvement is not required. Visit www.vnfw.org for our meeting schedule.

With no for-profit, commercially based

NON-PROFIT AGENCY

we are able to provide our services at no charge

SINCE 1888



Grief Support:

Phone: 260-435-3261
Toll-Free: 800-288-4111

Visiting Nurse provides compassionate care to alleviate suffering and ensure quality of life for those affected by serious illness. We care for those who go on living as well. Our grief services are available at no charge for any adult who has experienced the loss of a loved one.

We proudly serve these Indiana counties:
Adams, Allen, DeKalb, Huntington,
Noble, Wabash, Wells and Whitley.



**The Peggy F. Murphy
Community Grief Center**
For those who go on living
A service of Visiting Nurse

5920 Homestead Road
Fort Wayne, IN 46814

Phone: 260-435-3261
Toll-Free: 800-288-4111

Administrative Office Hours:
8 a.m.-5 p.m. Monday-Friday

We provide compassionate care to all persons, regardless of race, age, creed, sexual orientation, disability or nationality. Translation services available. To make a difference in the lives of Visiting Nurse patients and families, consider making a gift to the Visiting Nurse Foundation. Please visit www.vnfw.org/donate or call (260) 435-3222.



www.VNFW.org

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GRIEF SUPPORT



**The Peggy F. Murphy
Community Grief Center**
For those who go on living
A service of Visiting Nurse



Grief Support at The Peggy F. Murphy Community Grief Center, a service of Visiting Nurse

Our reactions to losing someone we love are unique. Grief may affect various aspects of your life ... you are not alone. While feelings of grief are normal, handling them can be difficult and painful. Grief support, education and counseling are offered at no charge to help adults in coping with the death of a loved one. Please call (260) 435-3261 to learn more about our services or to schedule an appointment.

Grief Support Services Include:

- Individual counseling
- Grief & Loss education programs
- Ongoing grief support groups
- Close-ended grief support groups
- Memorial services
- Retreats
- Referral services

EXCERPTS FROM DR. ALAN WOLFELT'S
MOURNERS' BILL OF RIGHTS

- 1 You have the right to experience your own unique grief.**
No one else will grieve in exactly the same way you do. Don't allow others to tell you what you should or should not be feeling.
- 2 You have the right to talk about your grief.**
Talking about your grief will help you heal. And if you don't feel like talking, you also have the right to be silent.
- 3 You have the right to feel a multitude of emotions.**
Confusion, fear, guilt and relief are a few of the many emotions you might feel in your grief journey.
- 4 You have the right to be tolerant of your physical and emotional limits.**
Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you.
- 5 You have the right to experience "grief bursts."**
Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural.

- 6 You have the right to make use of ritual.**
The funeral ritual does more than acknowledge a death. It helps provide you with the support of caring people.
- 7 You have the right to embrace your spirituality.**
If faith is a part of your life, express it in ways appropriate to you. If you feel angry at God, talk with someone who won't be critical of your feelings of hurt.
- 8 You have the right to search for meaning.**
You may find yourself asking, "Why did he or she die? Why this way?" Watch out for the clichéd responses some people may give you. Comments like, "It was God's will" are not helpful and you do not have to accept them.
- 9 You have the right to treasure your memories.**
Memories are one of the best legacies that exist after the death of a loved one. Instead of ignoring your memories, find others with whom you can share them.
- 10 You have the right to move toward your grief and heal.**
Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you.

How Grief Support Group Meetings Can Help

Grief is a natural and unique response to the death of a loved one. Support groups offer the opportunity for:

SHARED GRIEF

Many of those who grieve feel lonely and alienated. By sharing your experiences and listening to others, you may gradually realize that you are not alone.

SELF-HELP

As you help others move through the grief process, you help yourself in your own journey. Participation in the group can restore confidence in your own ability to heal and grow.

HOPE

When you lose someone you love, the future may look bleak. Telling your story in a supportive, non-judgmental setting helps restore hope.

GROWTH / CHANGE

Understanding the grieving process helps you take a more active role in overcoming the pain of loss. You learn from one another, develop confidence and feelings of self-worth, and move toward positive change.

Ongoing Grief Support Groups

Ongoing grief support groups meet regularly in addition to our grief-specific groups for spouses, parents, the newly bereaved, those who have lost loved ones to suicide and those who have lost pets. Please call (260) 435-3261 or visit our website for our current schedule, www.vofw.org.

