

Good Grief

The Bereavement Program of
Hospice of Marshall County

Each person's grief reaction to the death of a loved one is unique and individualized. Project Good Grief provides a safe environment for expression and resolution of this grief through grief support groups for ages 3 to adulthood. These include:

- ✎ Women's Support Groups
- ✎ Men's Support Groups
- ✎ Parents In Grief Support Groups
- ✎ Caterpillar Kids Support Groups (ages 3 - 5)
- ✎ Rainbow Kids Support Groups (ages 6 - 12)
- ✎ Teen Time Support Groups (ages 13 & up)
- ✎ In-school Bereavement Services
- ✎ Holiday Support Groups

Project Good Grief also assists in workplace grief counseling and in times of community crisis.

Grief support services provided by Hospice of Marshall County are FREE of charge.

It is our mission to provide end-of-life and grief education with a compassionate heart and listening ear.

For more information regarding grief support services provided by Hospice of Marshall County contact the Social Work/Bereavement Coordinator, Stacey Johnson, LBSW at (256) 891-7724 or toll free 1-888-334-9336 or via email sjohnson@hospicemc.org.


Hospice
of Marshall County
256-891-7724
Toll Free: 1-888-334-9336

The Mourner's Bill of Rights

By Dr. Alan D. Wolfelt

- ✎ You have the right to experience your own unique grief.
- ✎ You have the right to talk about your grief.
- ✎ You have the right to feel a multitude of emotions.
- ✎ You have the right to be tolerant of your physical and emotional limits.
- ✎ You have the right to experience "griefbursts".
- ✎ You have the right to make use of ritual.
- ✎ You have the right to embrace your spirituality.
- ✎ You have the right to search for meaning.
- ✎ You have the right to treasure your memories.
- ✎ You have the right to move toward your grief and heal.


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Hospice of Marshall County, a non-profit agency, is a member of the following organizations:

