

*There is a sacredness  
in tears. They are  
not the marks of  
weakness, but of  
power.*

-Washington Irving

A SPECIAL  
KIND OF CARE

Hudson Valley  
Hospice

845.240.7579 (Bereavement Center)  
845.485.2273 (Main Office)  
[hvhospice.org](http://hvhospice.org)

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ULSTER OFFICE  
153 Sawkill Road, Kingston, NY 12401

GRIEF SUPPORT



Hudson Valley  
Hospice





## GRIEF SUPPORT SERVICES

Hudson Valley Hospice is a well-respected regional resource for grief support and bereavement services. We understand that for those who have lost a loved one, the experience of grief can be very stressful and challenging.

We also understand the impact grief can have on family, friends, colleagues and the community.

Hudson Valley Hospice offers tailored programs and services to meet the needs of adults, teens and children as they work through their grief. Our Bereavement Social Workers are trained to understand a person's individual grief related needs and to work with them to ensure they get the care and support they need.

Grief is a natural emotion; a normal, healthy process of healing. There is no right or wrong way to grieve, but some reactions are common to almost everyone's experience.

### COMMON GRIEF REACTIONS

Physical	Emotional	Behavioral
Headaches	Sadness	Social withdrawal
Fatigue	Loneliness	Crying
Restlessness	Guilt	Lack of motivation
Loss of energy	Anger	Poor concentration
Sleep disturbances	Shock	Diminished self-concern
Appetite changes	Numbness	Changes in routine
Tightness in chest	Depression	Forgetfulness
Pain	Resentment	Questioning beliefs
Tension	Relief	
	Anxiety	
	Worry	

Following your first meeting with a Bereavement Social Worker, you will be provided with options for individualized counseling sessions, support groups and/or workshops to help you understand and manage the grieving process. We also provide supportive phone calls and mailings through the first 13 months following the death of your loved one.

Hudson Valley Hospice holds non-denominational ceremonies of remembrance semi-annually in the spring and fall for families and friends of hospice patients, caregivers and loved ones.

Grief support groups may be available to members of the community, even if their loved ones were not served by Hudson Valley Hospice.

*We are here to help.* Please call **845.240.7579** for more information.