



Strength  
at Your Side

## 2021 Grief Support Programs

Grief is the natural and normal response to death and a journey you do not need to take alone. Because everyone grieves differently, Unity offers services designed to meet your unique needs. Unity's Grief Services Team supports families and friends of Unity patients, as well as all members of the community. Licensed counselors, social workers, and trained volunteers create a safe haven to learn about grief, share experiences, and find hope. Thanks to generous donations, Unity offers compassionate grief support at no charge.

**NAVIGATING GRIEF** - A six-week support group for adults who have experienced a death. Groups are held for six consecutive Tuesday afternoons or evenings either virtually or in the Green Bay area. Group topics include common reactions to grief, memories, coping and adjusting to new roles, self-care, traditions, and finding hope.

**VIRTUAL GRIEF CONNECT** - A twice-a-month group for adults who have experienced a death. It is recommended, although not mandatory, that participants first attend Navigating Grief. Virtual Grief Connect provides a safe place for those who are grieving to gain tools and insights into the grief process. Held on Zoom the first and third Thursdays of the month from 6:00 – 7:30 PM.

**GENERATIONS** - Hope for Grieving Families - A group designed to provide support to grieving families. Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Children and adult groups run concurrently. Held the second and fourth Thursday evening of the month in the Green Bay area.



**HOPE AND THE HOLIDAYS** - A five-week support group for adults who have experienced a death. Groups are held for five consecutive November and December Tuesday afternoons or evenings either virtually or in the Green Bay area. Meetings will include topics such as grief around the holidays, traditions, self-care and finding hope.

**HEALING THRU THE ARTS** - A hands-on creative workshop for adults who have experienced a death. Led by a Grief Counselor in the Green Bay area, the workshop will guide participants to process and incorporate memories, the holidays and their loved one in the creation of a holiday ornament. Participants need not have any prior art or crafting experience.

Individual and/or Family Grief Support from a Unity Grief Counselor are also available telephonically, in person or virtually on Zoom.

Registration is required.

To register or for more information on upcoming dates, please visit [www.unityhospice.org/grief-support/](http://www.unityhospice.org/grief-support/), call 920-338-1111 or 800-990-9249 or email [bereavement@unityhospice.org](mailto:bereavement@unityhospice.org).