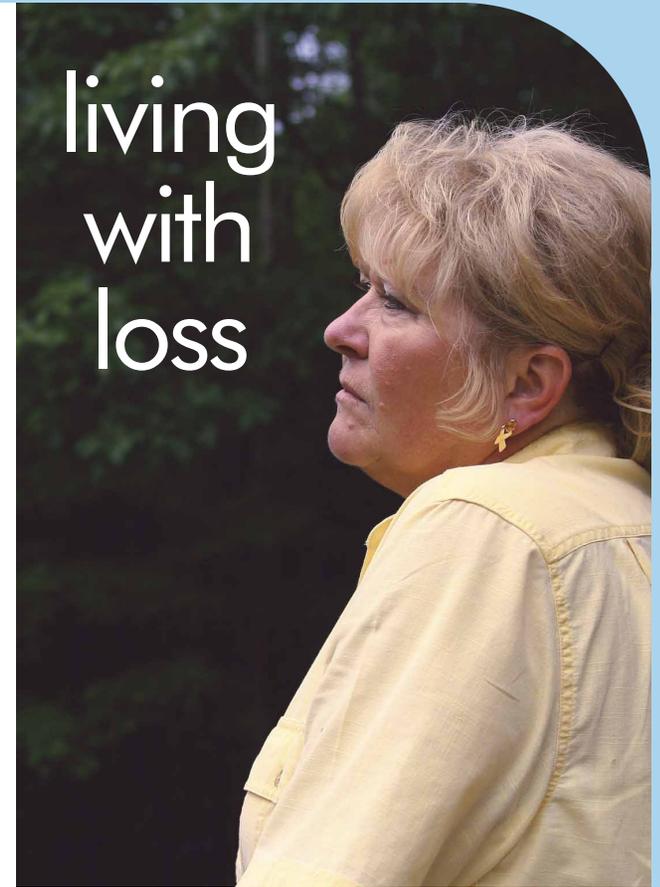


*The comfort,  
the inexpressible comfort of feeling  
safe with a person;  
Having neither to weigh thoughts  
nor measure words;  
But to pour them all out  
just as they are,  
chaff and grain together;  
Knowing that a faithful friend will  
take and sift them,  
Keep what is worth keeping and then  
with a breath of kindness,  
blow the rest away.*

—Dinah Marie Mulock Craik

living  
with  
loss



## Grief Support Groups



today. tomorrow. together.®

[affinityvisitingnurses.org](http://affinityvisitingnurses.org)



today. tomorrow. together.®

# living with loss

Grief is a human response to the pain of loss. Grieving is a healing process ... one that takes courage and effort. With the strength, reassurance, and understanding of others, the healing process can be worked through in a supportive environment.

Grief support groups provide that healing environment. Through the sharing of memories, feelings, and concerns, members can gain insight and understanding about grief, and find ways to live with their loss.

***“Grief shared is grief diminished.”***



*Affinity Visiting Nurses Hospice Services offers the following grief support services for adults grieving the loss of a loved one. Groups are facilitated by hospice staff including trained volunteers. There is no charge, but donations are greatly appreciated.*

Our support groups are adult gatherings for individuals and families who have experienced the death of a loved one. These groups provide a caring community in which to:

- Learn about grief
- Find support
- Share memories
- Share feelings

All groups are free of charge and open to adults of any age, regardless of their previous involvement with hospice.

## Grief Support Group

Please join us for one of our group meetings. There is no fee, and no pre-registration is required.

**In Appleton**, the group meets on the first Tuesday of every month, 2:30 p.m. at the Thompson Community Center, 820 West College Avenue.

**In Oshkosh**, the group meets on the third Thursday of every month, 6 p.m. at the Oshkosh Senior Center, 200 North Campbell Road.

## Men Journeying Through Grief

*A unique support opportunity for men only*

Though the experience of grief is not limited to men alone, there are sometimes differences in the way men and women express and process their grief. Messages from our culture and the ways men have been raised can be obstacles to journeying through grief. Please join us for a home-cooked meal followed by sharing of grief information and support resources. The first Wednesday of every month, 6-8pm at the Affinity Visiting Nurses office, 816 W. Winneconne Avenue in Neenah. Pre-registration is not required, but appreciated for meal planning purposes. Call toll-free 866.236.8500.



## Peace Through Grief

*Looking at the many pieces of life that are affected by a loss*

This 6-week program provides information and support, looking at all aspects of the grief experience, including emotional, physical, spiritual and social. The series is offered periodically throughout the year at our Neenah office—please call for upcoming dates. Pre-registration is required, to allow for ample curriculum and supplies for each participant.

Additional groups, educational opportunities and memorial events are offered throughout the year. Please contact our office for more information.

**For additional information, or to let us know you are coming, please call**

**Affinity Visiting Nurses Hospice Services**  
920.727.2000  
Toll Free 866.236.8500