

Navigating Grief During COVID-19

Did you know? Even under “normal” circumstances, other parts of our lives can have an impact on our grief process. This is why it might be helpful to recognize some of the ways that COVID-19 can impact the grief process.

Lack of closure

- Visitation restrictions can lead families to feel they weren't able to receive support, support their loved one or other family/friends, during the dying process
- Gatherings after a passing have to be postponed, or changed significantly, due to COVID-19 restrictions, decreased ability to travel, etc.
- The “business” of death, or tasks to be completed after someone dies, are further complicated by limited operations in many sectors of society related to COVID-19

Lack of support, isolation

- COVID-19 restrictions limit the ability to come together, share stories and comfort one another in the ways we usually do (sharing meals, comforting people with physical touch, etc.)
- Grievors facing deaths not related to COVID-19 may feel their losses are seen as less significant during the pandemic
- Grief support is largely unavailable in a face-to-face format, which means grievors are having to rely on support available through online or teleconference platforms
- Previously established coping strategies are less available due to COVID-19 restrictions (going to places such as the gym, to church, out to eat, etc.)

Additional losses to grieve/shared feelings of uncertainty

- Many bereaved are grieving the losses that society is facing collectively:
 - Cumulative impact of deaths, trauma
 - Normalcy, routine
 - Economic security
 - Uncertainty for the future

Simply recognizing these factors can be helpful in the healing process. Remember to take good care of yourself physically, mentally, emotionally and spiritually. Be patient with the grieving process and seek help if you need it.

This webpage has a list of resources that discuss grief during COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>

You may also reach out to the bereavement team at CHI Franciscan Hospice by calling (253) 534-7000.



Franciscan Hospice & Palliative Care
Attn: Hospice/Bereavement Services, MS 62-02
A part of CHI Franciscan
P.O. Box 2197
Tacoma, WA 98401-2197

Franciscan Hospice and Palliative Care

Grief and Loss Support Group Offerings

February – August 2021



Virtual Grief and Loss Support Groups and Classes

Franciscan Hospice and Palliative Care Bereavement Services provides our bereaved hospice families with periodic mailings, virtual support groups, classes and individual counseling over a one-year period. These services are provided free of charge.

Our support groups welcome all adults who are grieving the death of a loved one in the **past 16 months**. Participants will have the opportunity to share their experiences with others, receive support and develop strategies for getting through difficult times. Often, the greatest benefit for those who join a support group is realizing that they are not alone in their experience.

All groups are facilitated by hospice bereavement counselors who help guide conversation and provide bereavement resources. We offer a variety of grief groups: six-week and on-going twice a month groups that are offered different times and days of the week. **Preregistration with the counselor facilitating the group is required.**

If you would like to be included on our mailing list, or to speak with one of our counselors, please call (253) 534-7000 or toll free 1 (800) 338-8305. You can also check out our web page: chifranciscan.org/griefsupport.

The following are common characteristics of grief. Do any of them look familiar?

- Forgetfulness and confusion
- Loss doesn't seem real
- Crying at unexpected times
- Loss of desire/pleasure in activities
- Mood changes due to slightest things
- Change in appetite or weight
- Lack of motivation or concentration
- Guilt, rejection, sadness, loneliness
- Upsetting image keeps coming to mind
- Tired all the time
- Can't honestly tell others how I feel
- Want to withdraw socially
- Feel that life has lost its meaning
- Suicidal thoughts

If you identified with any of these common characteristics of grief, you may benefit from our support groups or other bereavement services.

Franciscan Hospice and Palliative Care Bereavement Services

(253) 534-7000 or toll free 1 (800) 338-8305
chifranciscan.org/hospice

Virtual Grief and Loss Support Group Offerings February – August 2021

Contact the counselor listed below each specific group for more information and to register.

All support groups meet virtually on Zoom

Six-week Grief and Loss Support Groups

Groups meet for six consecutive weeks. In order to get the best results, we strongly recommend participants commit to all six sessions as materials build from previous sessions. Due to the virtual format for these offerings, space will be **limited to eight participants** per group.

Feb. 6 - Mar. 13, 2021
Apr. 10 - May 15, 2021
Saturdays, 10 a.m – noon

Susan Mix
(253) 534-7016

Recognizing Grief — Virtual Ongoing Grief and Loss Support Groups

Are you dealing with the death of a spouse, parent, child or other loved one in the **past 16 months**? Does it feel as if the sadness will never lift, or that you are isolated from friends and family? Grieving can be painful, and also healing. While everyone experiences loss differently, grief that is expressed and experienced within a supportive environment has the power to heal. These ongoing grief support groups provide an opportunity to listen, share and learn from others.

Please contact the counselor listed under the group you are interested in attending.

Daytime Groups:

First and third Thursday
11 a.m. - 12:30 p.m.

For information please call Traci Lenzi at (253) 534-7181

Second and fourth Monday
Noon - 1:30 p.m.

For information please call Peggy McEntee at (253) 538-4627

Second and fourth Thursday
11 a.m. - 12:30 p.m.

For information please call Traci Lenzi at (253) 534-7181

Evening Groups:

First and third Monday
6 - 7:30 p.m.

For information please call Sarah Winn at (206) 965-2904

Second and fourth Monday
6:30 - 8 p.m.

For information call Chaplain Julie Vaughn at (206) 901-8532 or email julievaughn@chifranciscan.org

Second and fourth Wednesday
6 - 8 p.m.

For information please call Peggy McEntee at (253) 538-4627



Grief 101 Class

Designed for those who are freshly grieving, this 90-minute workshop is meant to help bereaved have a better understanding and appreciation for the grief process and why it has such a significant impact on our lives. Recognizing the impact of grief in our lives can go a long way toward helping us cope with it. A resource sheet will be provided for participants to continue to connect with their grief process and move through it in a healthful way.

Due to the virtual format for this offering, space will be **limited to eight participants per session.**

Tuesday of the following months: Feb. 9, Mar. 9, Apr. 13, May 11, June 15, July 13 and Aug. 10, 2021
Noon - 1:30 p.m.

For more information please call Sarah Winn at (206) 965-2904

