

HELP FOR YOU AS YOU ARE HEALING

You are not alone. The staff at Southern Tier Hospice and Palliative Care is here to help you after the loss of your loved one. There are many others who are struggling with loss as you or someone you care about may be. One short call can help you begin to feel less alone.



YOU MAY FEEL ALONE, BUT KNOW
THAT HELP IS AVAILABLE FOR ALL
WHO NEED IT

Southern Tier Hospice and Palliative Care provides bereavement services for families and loved ones of our patients as well as for the community. These services provide support and guidance to help individuals adjust to loss and regain hope and purpose in their lives. These services are available without charge.

Southern Tier Hospice and Palliative Care

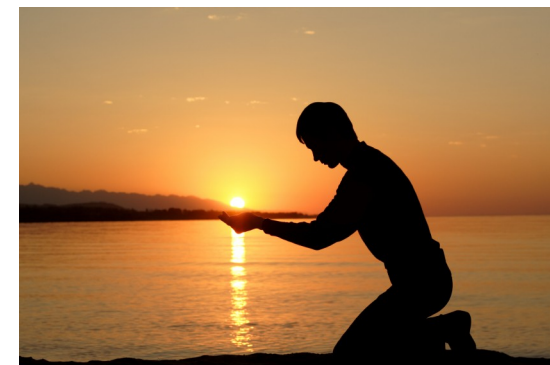
11751 East Corning Road
Corning, NY 14830
24 - Hour Phone: 607-962-3100
Toll Free: 1-800-734-1570
Fax: 607-962-4300
Email: info@STHospice.org
Web Site: www.STHospice.org



Our family caring for yours... when it matters most.

SOUTHERN TIER HOSPICE AND PALLIATIVE CARE

BEREAVEMENT SERVICES



REGAIN YOUR LIFE -
BEGIN TO HEAL

PHONE: 607-962-3100

THE BEREAVEMENT SERVICES OF SOUTHERN TIER HOSPICE AND PALLIATIVE CARE

Individual Counseling

Bereavement staff can meet with individuals to provide support and guidance in coping with the grief process and understanding grief responses.

Memorial Services

Memorial Services are held five times a year in two central locations. These services provide an outlet for both family members and our staff to remember and honor those who have died in hospice care and forever remain in our hearts.

Bereavement Referrals

We maintain a registry of bereavement support services in the area. Call when you are looking for help for someone in your community and we will help.

Frequently Asked Questions

People tell me that I should now be getting over the death of my loved one. Am I doing something wrong?

Absolutely not. Everyone grieves differently and in their own time.

Who can use bereavement services? Is it only for Hospice families?

Anyone in Chemung, Steuben and Schuyler Counties can use the service.

Is there a cost for bereavement counseling and support groups?

There are no costs for bereavement services at this time.

Bereavement Support Groups

Grief seems to heal best when you share it with others. *Support groups provided by Southern Tier Hospice and Palliative Care change periodically, so please call to arrange your initial attendance.* New support groups can be formed based on need, so please let us know what you are looking for.

Walk and Talk - Led by Cami Ramsey, MFT. Every Monday morning at 9:00am at the Information Booth of the Arnot Mall. Walking and talking with others dealing with grief.

Recovery and Redefinition - Led by Cami Ramsey, FT. Every Tuesday evening at 6:00pm at the Hospice Office located in East Corning. Recovering and redefining yourself after the loss of a loved one.

Widows and Widowers Group - Led by Judy Snyder. The fourth Friday of every month from 7:00-9:00pm at 357 College Ave in Elmira, NY. Providing a welcoming environment to share with others grieving the death of a partner.

In addition to these ongoing support groups, Hospice also offers several one day bereavement events throughout the year focusing on the variety of topics including children's grief.

For more information on any of these groups please contact Chelsea Ambrose, MSW at 607-962-3100. STHPC is constantly working to fill any needs in the community. If a group does not already exist or you see a need, just call; we will try to fill that need or contact you with an already existing ongoing group.

**TO SIGN UP FOR A GROUP, CALL OUR
BEREAVEMENT SOCIAL WORKER AT 962-3100.**

IT'S THAT EASY!

Grief Events

Teen Grief Events - Periodic meetings based upon need. Teens will learn to manage grief, but they also will have fun and meet others who have experienced the death of someone important to them. Ages 13 to 18.

Children's Grief Events - Meeting four times throughout the year, these events will be focused upon the four seasons. Activities will help children feel less alone, learn about their own grief, gain coping tools and have fun. There will be a time for parents and other significant adults to connect, ask questions and gather helpful information. *Camp Good Grief* is a component of these scheduled children's activities. Ages 6 to 12 and family.

Managing Grief at the Holidays - Holidays are difficult when you will be spending them without a very important person. This topic is presented upon request and early in the holiday season.

