



Grief Support Services

Individual Support

Our bereavement specialists offer individual support through home or office visits and phone calls.

Support Groups

Each of our uniquely designed groups provide support and practical suggestions for your grief journey. We have support groups for adults, widows and widowers. Visit our website at www.hrrv.org and click on calendar to see what support groups are offered, or call (800) 237-4629 to request a support group flyer.

Youth Grief Support

Our Youth Journeys program provides activities and support for children and teens who have experienced the death of a loved one. Parent/guardian participation is required for part of the program. Pre-registration is also required.

Grief Support Resources

We offer a monthly *Journeys* newsletter exploring the topics of grief and loss for family members of hospice patients at no charge. The newsletter is also available to community members for a nominal fee.

Hospice of the Red River Valley offers community resources including books, audiotapes, videotapes, CDs and DVDs for all ages. Areas of interest include:

- Caregiving
- Death and dying
- Chronic illness
- Dementia
- Suicide
- Grief and loss
- Rituals and ceremonies
- Inspirational and motivational stories

Resources are available on a one-month loan basis. Please call (800) 237-4629 or email resources@hrrv.org for additional information and availability.

Some of our resources are available for purchase. For a list of titles and prices, please call (800) 237-4629 or visit our website at www.hrrv.org.

We accept most major credit cards for purchases.

When people are diagnosed with life-limiting illnesses, they often express concern for their loved ones once they are gone. One of the unique services offered by Hospice of the Red River Valley is grief support.

At Hospice of the Red River Valley we offer grief support for 13 months after the death to anyone whose loved one was on our service. Most of these services are offered at no cost to family members. Even if the family member does not live in the area, we are able to offer grief support through phone calls, mailings and referrals to services in the community they live.

Some of the grief support services we offer may also be available to community members whose loved ones have died, but who were not on hospice services at that time.

