

RESOURCES YOU CAN
RELY ON FOR HELP WITH
GRIEF AND LOSS

If you are living with grief, there is help for you through our Bereavement Care Program. The death of a loved one can bring about a multitude of emotions and challenging life changes. Grieving becomes a process, not an event. As you go through this process, you may question your thoughts, feelings and reactions as this unpredictable life experience unfolds. Just when you think you are doing “better” you may find yourself not doing so well. If you are feeling confused or overwhelmed, it may help to talk with an objective person about what you are experiencing. That’s what our bereavement professionals are for.



HOSPICE OF THE CAROLINA FoothILLS SERVICE AREA

1. Hospice Administration & Program Center
2. Smith Phayer Hospice House



ADMINISTRATION & PROGRAM CENTER

130 Forest Glen Drive . Columbus, NC 28722 . 828.894.7000

SMITH PHAYER HOSPICE HOUSE

260 Fairwinds Road . Landrum, SC 29356 . 864.457.9100

HOSPICE THRIFT BARN

Operated by & benefiting the HoCF mission

1810 Highway 14 . Landrum, SC 29356 . 864.457.7348

TOLL-FREE 800.617.7132 . www.hocf.org

Bereavement Care

It's about LIVING!

HOSPICE OF THE CAROLINA FoothILLS





Who can benefit from Bereavement Care?

Anyone in the community who is affected by grief and loss can receive help from Hospice of the Carolina Foothills staff.

- Children, teenagers, and adults.
- Those whose loved one died with the benefit of Hospice Care.
- Those whose loved one died without Hospice Care.
- Those whose loss was either recent or long ago.
- Those organizations, schools and churches who have experienced death within their groups.
- *You!*

What can be helpful when I am grieving?

- Accepting and expressing your feelings.
- Finding good listeners who understand and support you.
- Talking with others who have experienced a similar loss.
- Taking good care of yourself, including getting adequate rest and eating nutritious foods.
- Learning more about grief—what to expect and what might help—through support groups, seminars, counseling, literature, and other resources.

What kinds of resources are available through Hospice Bereavement Care?

- Grief support groups in various locations, both during the day and in the evening
- Gender-specific social groups
- Educational presentations
- Hands-on workshops
- Individual grief counseling
- Literature on specific losses
- Education on our web site
- Annual Remembrance Gathering

What is the cost for Bereavement Care services?

All services are provided at no cost to you or your family. Donations are always welcome, and the generosity of our community helps us meet the needs in our community.

How can I find out more about Bereavement Care?

To talk with someone about how Bereavement Care might be helpful to you or a loved one, call 828.894.7000, or toll free 1.800.617.7132 and ask to speak with a grief counselor. During non-business hours, you may leave a confidential voice mail, or visit us online at www.hocf.org.



Just call us. We're here to help!