Grief Support

COASTAL HOSPICE & PALLIATIVE CARE
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CoastalHospice.org

SERVING THE LOWER SHORE
Dorchester, Somerset,
Wicomico and Worcester counties

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GRIEF CAN LEAVE YOU FEELING LOST AND ALONE
LET US HELP YOU.

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Coastal Hospice & Palliative Care

United Way
of the Lower Eastern Shore
We each mourn differently and at a different pace.

After you have lost a loved one, you may be asking yourself: “Why can’t I get over it?” You may experience many emotions: anxiety, worry, guilt, loneliness.

All of these thoughts and feelings are normal. The grieving process has no timetable. But if these emotions are interfering with your life, it may be helpful to seek professional help and support.

Our services are designed to help you navigate through grief at your own pace. With the support of professional grief counselors and others who have experienced loss, we can help you through the difficult times and assist you in adjusting to your loss.

Coastal Hospice offers grief support, both individually and in groups, with specialized programs for children. The services are free and open to anyone in the community who needs assistance, whether or not Coastal Hospice cared for their loved one.

Coastal Hospice’s support groups meet on a regular basis to allow those with similar losses to gather and support each other under the direction of a professional grief counselor. Here, the Ocean Pines support group gathers at the local library with grief counselor Bob Miller.

You are not alone. A support system is here.

In support groups, participants work with a grief counselor to help each other. Each person has an individual experience, but often their emotions are similar. Together they learn to live after loss.

We offer regularly scheduled support groups in all Lower Shore counties to provide a time of respite and a safe place to express feelings and talk about grief. Special lunch and dinner socials are also available and offer a time to enjoy a community gathering of fellowship.

Coastal Hospice also sponsors annual Memorial Services. We remember and honor those who have died.

A current schedule of events is available at: CoastalHospice.org > Grief Support

Camp Safe Harbor at Salisbury University is a week-long summer program designed to help children come together with other children who have had similar losses. Counselors help them feel comfortable asking questions and expressing fears and anxieties.