

GRIEF AND LOSS SUPPORT (as of 9/2020)

The loss of a loved one can change your world. It can affect how you feel, how you act and what you think. It's a natural response to loss. People can grieve in very different ways and you benefit by understanding you will grieve in your own way and time.

Grief is not a problem to be solved, it is a process to be lived. Adult natural grief reactions can include: disbelief, forgetfulness, changes in sleep and appetite, feelings of restlessness or lethargy, depression, loneliness, anger, guilt, and relief.

Many people find they benefit from being with others who care and can listen to their feelings and provide support. While we cannot endorse the following local programs, it is hoped that you will explore them as part of the services available in our Foothill communities.

Bereavement Group at St. Bede's Church, La Canada	Good Grief
Beyond Grief ministry at Glendale Adventist Hospital	Beyond Loss - A Bereavement Ministry
Forest Lawn Grief Counselor: Galen Goben (888) 204-3131, ext. 4662	Grief Resources
Grief Share	GriefShare - Grief Recovery Support Groups - GriefShare
Our House Grief Support Center	www.OurHouse-Grief.org
Soaring Spirits (widowed people)	Soaring Spirits International

The Community Resource Center for Aging is available at 818.949.4033 to discuss your particular needs in relation to changes in your life that may include grief and loss.