



Hope may be something you are struggling with right now. It may feel as if hope and normalcy will never again be a part of your life. Please know, hope is possible.

If you have experienced the loss of a loved one, you may feel very much alone. Our hospice bereavement support can help. We welcome not only our hospice families, but anyone from the community who desires support.

There is no charge for any of our services. Our service area includes Orange, Durham, Lee, and Chatham counties and the edges of Wake and Alamance.



**Hospice
Services**

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UNC Hospice Grief Support Services



**Hospice
Services**

A Message from our Counselors



We hope you will consider participating in one or more of our activities. We

want to be a support to you at one of the hardest times of your life. Life will not always be this hard and there will come a time when your grief will abate, but you will never stop loving or missing your loved one. We respect your thoughts and feelings and would like to be of help as you journey through your grief.

Please contact us at UNC Hospice for further information and to register for any of our activities. We will be glad to meet with you.

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UNC Hospice Grief Support Services

Individual Visits

A trained counselor can meet with you at or outside our offices to provide a listening ear and guidance on the grieving process.

Grief Support Groups

Groups are held periodically throughout the year in both Chapel Hill and Pittsboro. They typically run 8 consecutive weeks. Many of our bereaved clients find them helpful because they meet with others with whom they can truly share their thoughts and feelings. Each person's grief is unique, but group members share many commonalities that give them solace and strength.

Reference Materials

UNC Hospice provides educational booklets that show you that many of your reactions are normal and that you are not going crazy. This material gives you guidelines for what you might encounter as you work through the loss of your loved one.

Days of Hope and Healing

UNC Hospice holds retreat days at a nearby peaceful retreat setting. Our goal for the day is appreciation of ourselves and the nature surrounding us as we share our stories and do soothing activities. We provide lunch and give our participants the chance to relax both inside and outside in a beautiful location.

Annual Memorial Service

Once a year families come together to remember and honor their loved ones. Held at a community facility, UNC Hospice leads a service to remember and reflect on our loved ones.



Valentine's Day Tea

Valentine's Day can be particularly hard for those who have lost a beloved spouse. We gather together and are treated to an English tea party as we share our good memories with one another. By attending this event we give ourselves our own valentine.