

# SPIRITUAL CARE

## Bereavement Support Services

**The death of someone you care for may be the deepest pain you will ever know. Our thoughts and prayers are with you during this time of sorrow. Understanding the emotions and changes that accompany grief can be an important step in healing.**

The grieving process is unique to each person and may be intense for months to come. It is a natural healing process and a way of remembering your loved one. It is not a problem to be cured, but instead a way of coping with loss.

Some days may be more difficult than others, such as holidays and anniversaries. With time and support, you will find your pain will begin to ease. Expressing your feelings to others may be helpful, so talk to a family member or friend who will listen and care for you. And, remember, children grieve too; allow them to express their feelings and honestly answer their questions.

Adjusting to daily life without your loved one is hard work and may take a physical toll. Recognize when you need support and if after two months, your grief is seriously interfering with daily functions (you are not able to work, sleep, eat or do daily chores) please seek professional help. A list of community resources are on the back of this sheet and we also offer a Bereavement Support Group.

### Bereavement Support Group

**Date:** The first Mondays of the month: January 7, February 4, March 4, April 1, May 6, June 3, July 1, August 5, October 7, November 4, December 2

**Time:** 9:00am - 10:00am

**Location:** RANI Conference Room  
Norwood Hospital, Lorusso Building, 1st Floor  
800 Washington Street, Norwood, MA

**Questions?** Call Laura Zane Kolmar, D. Min. Director of Spiritual Care & Group Moderator at 781-278-6047 or email [Laura.Kolmar@Steward.org](mailto:Laura.Kolmar@Steward.org)

### INTERPRETER SERVICES AVAILABLE

*Portuguese - Português:* Fala Português? Vamos oferecer-lhe um intérprete gratuito.

*Spanish- Español:* ¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

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# COMMUNITY RESOURCES

**Norwood Bereavement Group / Free Support Groups, Norwood**

781-455-6651 x4079

**Old Colony Hospice Widows and Widowers Support Groups, West Bridgewater**

800-370-1322

**Community VNA Adult and Children's Bereavement Support Groups, Attleboro**

800-220-0118

**Hospice Bereavement Programs from the Hospice Foundation of America**

[www.hospicefoundation.org](http://www.hospicefoundation.org)

**The Hospice Federation of Massachusetts**

[www.hospicefed.org](http://www.hospicefed.org)

**Compassionate Friends**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

**GriefNet, an internet based support community**

[www.GriefNet.org](http://www.GriefNet.org)

**For parents grieving the death of a child:**

**Pieta at Blessed Sacrament Church, Walpole**

508-384-6663

**Compassionate Friends, Needham**

781-444-1091

**For children and young adults:**

**National Students of AMF (Actively Moving Forward)**

**Support for College Students Coping with Illness or death**

[www.StudentsofAMF.org](http://www.StudentsofAMF.org)

**Comfort Zone Camp free bereavement camp for kids ages 7-17**

[www.hellogrief.org](http://www.hellogrief.org) or [hellogrief@comfortzonecamp.org](mailto:hellogrief@comfortzonecamp.org)

**For additional information, resources or support, please contact**

**Laura Zane Kolmar, D.Min., Director of Spiritual Care at Norwood Hospital**

781-278-6047 or [Laura.Kolmar@Steward.org](mailto:Laura.Kolmar@Steward.org)

