


How to Help a Grieving Friend

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Bereavement Specialist




HOSPICE
RED RIVER VALLEY
Providing comfort at the end of life's journey

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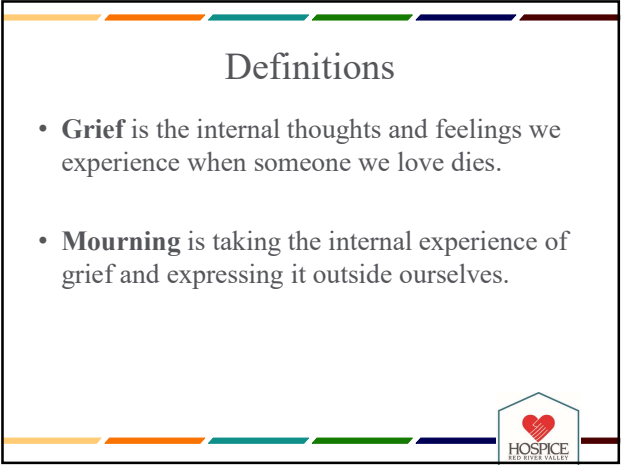


Objectives

- Understand common grief reactions.
- Understand ways to help someone who is grieving.

The logo for Hospice of the Valley is located in the bottom right corner. It features a red heart with a white cross inside, set against a white background. Below the heart, the words "HOSPICE" and "OF THE VALLEY" are written in a serif font. The entire logo is enclosed within a thin black border.

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Common Grief Reactions



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What Does Grief Look Like: Activity to Illustrate What Grief Looks Like to Kids



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Grief Bursts



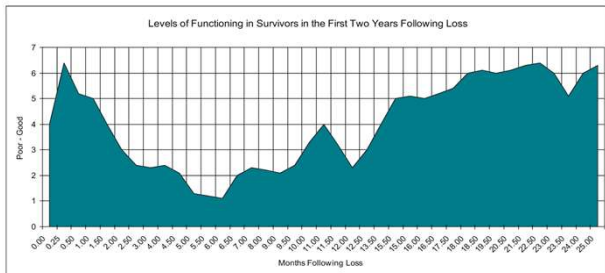
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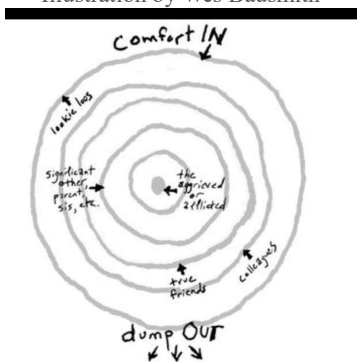
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Levels of Functioning



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Ring Theory: by Susan Silk & Barry Goldman Illustration by Wes Bausmith



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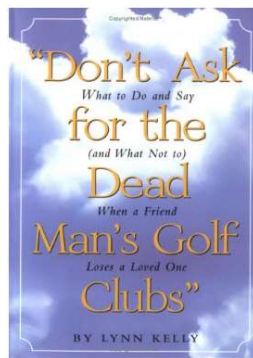
Short video: RING THEORY



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“Don’t Ask for the Dead Man’s Golf Clubs” *What to Do and Say (and What Not to) When a Friend Loses a Loved One.*

By Lynn Kelly



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THINGS TO SAY/DO


- Express sympathy to all family members
- Talk about the dead person and not be afraid to say his or her name.
- Write a fond memory or send a picture.
- Show up
- Listen
- Invite to events
- Give grace




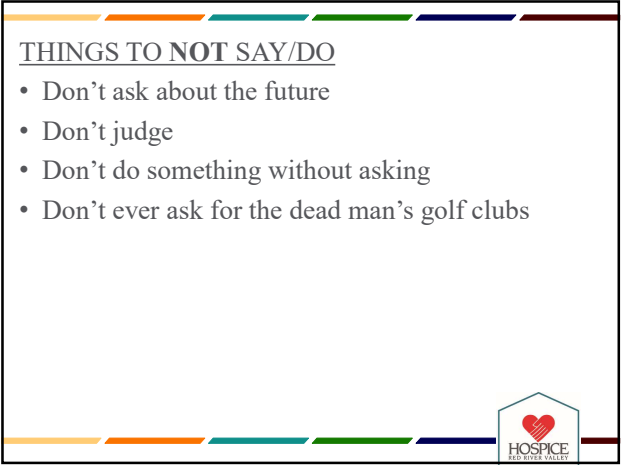
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THINGS TO **NOT** SAY/DO

- Don't ask about the future
- Don't judge
- Don't do something without asking
- Don't ever ask for the dead man's golf clubs

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Nora McNerny: We don't "move on" from grief. We move forward with it.

A photograph of Nora McNerny, a woman with blonde hair, standing on a stage and speaking. She is wearing a grey sweater and dark pants. The stage background features large, illuminated arches in blue and red. The audience is visible in the foreground as silhouettes.The logo for Hospice of the Valley, featuring a red heart icon and the text "HOSPICE OF THE VALLEY" in a serif font.

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Questions/Comments



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Contact Information


Please feel free to contact me if you have questions on the information presented this afternoon.

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How to Learn More

-  Call toll-free: (800) 237-4629
-  Email us: questions@hrrv.org
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