

HORIZONS

a Publication of Hospice of the Piedmont's Grief and Healing & Kids' Grief and Healing Programs

Dear Friend,

Whether you are grieving the death of a loved one, anticipating loss, or working with those who are grieving, we invite you to reach out to us for support.

Hospice of the Piedmont, the oldest and most experienced hospice in the region, has provided compassionate, expert care and symptom management for tens of thousands of terminally ill patients since 1980.

Our Grief and Healing teams have created a continuum of care that supports the entire family on the end-of-life journey. We offer ongoing grief and healing support for everyone during challenging times.

We hope you'll take advantage of the advice and support included in this publication.

Sincerely,
The Grief & Healing Staff at
HOSPICE OF THE *Piedmont*
Email: grief@hopva.org

HELPING YOU NAVIGATE YOUR GRIEF

Everyone experiences loss at some point in their life. That's why we offer free, ongoing bereavement support groups for the entire community, whether your loved one used our hospice services or not.

From support groups and memorial services to connections with community resources and more, we help individuals, families, and communities live forward after loss. No one should have to cope with loss alone.

We provide grief support groups to anyone who needs them, even if their loved one wasn't in our care. These groups can:

- Help you understand how your grief is normal
- Explain what to expect in the grieving process
- Provide a safe space to talk about your grief
- Connect you with others experiencing the loss of a loved one
- Identify additional community resources and counselors

Our website (hopva.org/grief) has information about our services, a calendar of upcoming support groups, and additional bereavement resources.

For adults 18 years and older who have lost a loved one enrolled in our Hospice or Palliative services, we offer 13 months of free individual counseling services.

For children and teens who have lost a loved one, whether that person was in our services or not, we offer short-term individual counseling support with our licensed art therapists, workshops, and daylong outdoor camps. To see our calendar of upcoming events and access free resources for children, visit hopva.org/kids.

If you are interested in taking advantage of any of our bereavement services or would like to learn more, please call us at 434-817-6915 or email us at GriefAndHealing@hopva.org.

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HOSPICE OF THE *Piedmont* GRIEF AND HEALING

SPRING 2024

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**
Email: **register@hopva.org**
Visit: **hopva.org/grief**



ZOOM GROUPS

Drop-In Support Group for General Grief

Wednesday from 1:00–2:00pm or
Wednesday from 3:00–4:00pm
May 1st to July 31st (on Zoom)
*No meeting on July 3rd

Grieving the loss of a loved one is a painful, yet natural part of healing. We are here to help you navigate through that process. Please join this drop-in support group where grief due to any loss by death will be shared and supported.

Drop-In Loss of Spouse/Partner Women's Group

Mondays from 4:30–5:30pm
January 8th to June 10th (on Zoom)

This will be an open drop-in group specifically for women who have lost a partner or spouse to connect with those who have experienced a similar loss.

Drop-In Yogic Healing

Fridays from 6:00–7:00pm
June 7th to 28th (on Zoom)
*No meeting on June 14th

Guided trauma-informed sessions will include Yin and Restorative practice to soothe the nervous system and relieve the exhaustion and fatigue of grief.

Drop-In Young Adult Loss Group

Tuesdays from 1:00–2:00pm and/or
Tuesdays from 5:00–6:00pm
May 7th to June 25th (on Zoom)

Our young adult support group provides a safe place to connect with others who have experienced a similar loss and is open to anyone between the ages of 18 and 45.

*The Grief and Healing program
is made possible thanks to
generous community philanthropy.*

ADDITIONAL SPRING 2024 GROUPS

IN-PERSON GROUPS

General Grief Group

Thursdays from 5:30–6:30pm
July 18th to September 5th
(C'ville Office)

A facilitated eight-week support group offering participants an opportunity to explore grief themes and share strategies for navigating grief in a community of trust.

Loss of Spouse/Partner Women's Group

Wednesdays from 3:00–4:15pm
June 12th to July 10th
(C'ville Office)

Tuesdays from 3:30–4:45pm
August 13 to October 1st
(C'ville Office)

Our loss of a spouse or life partner support group provides a safe place to connect with other women who have experienced a similar loss. This group will be structured with guided reading. A book will be provided.

HYBRID GROUPS

Remembering Our Children

Mondays from 5:30–6:30pm
First Monday of Every Month
(Zoom and In-Person in C'ville)

If you are a parent who has experienced the death of your child (of any age), we invite you to join us for grief education, support, and healing.

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Visit: **hopva.org/grief**

Scan to
Learn More



THE GRIEF & HEALING TEAM



JORDAN PHILLIPS, MA
GRIEF AND HEALING COUNSELOR /
MANAGER
Prior to joining HOP, Jordan was an outpatient counselor with residents at Bridgewater Retirement Community and the Arrow Project. She has worked with clients with multiple needs, including crisis, substance use, trauma/PTSD, anxiety, depression, family conflict, death and dying, meaning-making, loss of autonomy, and interpersonal relationships. She enjoys working with all ages but is passionate about working with elders. She focuses on collaborating with clients to individualize their treatment and goals.



TERESA HAASE, PHD, LPC, ACS
CLINICAL SUPERVISOR
Dr. Teresa J. Haase is a Licensed Professional Counselor and a Clinical Supervisor of Residents in Counseling for Grief and Healing Services at Hospice of the Piedmont. Teresa has been working in the mental health field for over twenty years, specializing in grief and loss, the integration of the humanities in counseling, and adolescent development.



JEFFREY C. FRACHER, PHD
VOLUNTEER GROUP FACILITATOR
Jeff is a retired Clinical Psychologist. He practiced clinical psychology for 44 years in NJ and VA. A native Virginian, he lives in Charlottesville with his wife of 50 years, Kay, and his two beloved rescued Golden retrievers, Kaiya and Khema. He has two adult sons. In addition to volunteering at HOP as a group facilitator, he is a clinical assistant professor in Clinical Psychology.



CRAIG WILT, MA, MED, CT, CBT, CECR
GRIEF AND HEALING COUNSELOR /
COORDINATOR
Craig Wilt has been a member of the HOP team for over twenty years. Previously, Craig worked in human services and as a missionary. He has been blessed by his life experiences, which, he believes, helped prepare him for his work in grief-care counseling. For Craig, grief care is about hope and finding renewed meaning and purpose. He is routinely awestruck by the strength, courage, and faith of those journeying through the healing-grief process.



FRANCES PRYLUCK
VOLUNTEER GROUP FACILITATOR
Fran is from the Hudson Valley in New York, where she attended school, raised a family, and enjoyed a 40-year career as a Registered Nurse. After the death of her parents in 2005, she found herself searching for a better understanding of her grief. She enrolled in Pace University in Westchester County, New York, completing a Masters's degree in Grief and Loss Counseling. During her internship, she did palliative care work and facilitated bereavement groups at Orange Regional Medical Center in New York.



KRIS SHAFER, MA
GRIEF AND HEALING COUNSELOR
Kris interned with HOP in 2020 and is now a volunteer member of the HOP counseling team. She is an Army Veteran, and when she left military service, she and her husband moved to Charlottesville, where they raised their two children. Both of her parents were hospice patients, and Kris feels honored to work with HOP families and provide a safe space to navigate grief. Kris uses a collaborative and compassionate approach to foster resilience, healing, and hope for finding renewed meaning and joy in life.



MARNITA SHEPHERD
VOLUNTEER GROUP FACILITATOR
Marnita is an Albemarle County native. She has four awesome sons and three cherished grandchildren. The time spent with them is the most priceless thing in her life. She loves the outdoors. Providing bereavement support and engaging with our grief support group is an added bonus.

THE GRIEF & HEALING TEAM (CONTINUED)



ARLENE GOMEZ, M.ED

GRIEF AND HEALING COUNSELOR
Previously, Arlene was the Family Wellbeing Supervisor at the International Rescue Committee in Charlottesville. Early on in her career she worked at Hospice of St. Mary's for approximately six years as their Hospice Bereavement Coordinator. She has worked in Europe, Puerto Rico and the United States, with clients with multiple needs, including domestic violence, substance abuse, trauma, grief and loss, and individual with serious and persistent mental health illnesses. She believes that we all experience grief in our lives but have the capacity to heal and have a purposeful life.



AMY HINANI, RYT

YOGA TEACHER
Amy is a certified trauma-informed yoga teacher, guide and practitioner. She received her training from Y7 Studio and has worked with clients around the globe from diverse backgrounds. She is passionate about Yoga philosophy, spirituality, and the transformative power of the practice for both individual and collective healing, drawing from her own journey through grief.

THE KIDS' GRIEF & HEALING TEAM



KACIE KARAFTA

ART THERAPIST AND KIDS' GRIEF AND HEALING MANAGER
Kacie has been building the Kids' Grief and Healing program at HOP for two decades with her co-workers. She is a board-certified and registered art therapist who earned her master's degree in art therapy at the School of the Art Institute of Chicago. Kacie is happiest while helping others, spending time with children and teens, playing with art materials, knitting, drawing, and exploring nature.



ALLY LOTNER

KID'S GRIEF AND HEALING COUNSELOR
Ally is passionate about working with grieving children and guiding them through their grief journey. She received her bachelor's degree in Social Work from Marshall University and her master's degree in Social Work from Radford University. She has been working with grieving children since 2015. She has volunteered at children's bereavement camps around the country and worked in Baltimore City as a social worker at a family grief center. Ally wants all children to feel supported during their grief journey and know their feelings are normal and valid.



DARLENE GREEN

ART THERAPIST
Darlene came to the Hospice of the Piedmont in 2016. She is a board-certified and registered art therapist who received her degree from Saint Mary of the Woods College in Indiana. Darlene loves making art with children and their families and helping them in their grief journey. She enjoys spending time with her husband and boxer, gardening, traveling, fiber arts, and exploring new art techniques.



AMANDA HUMPHRIES

ADMINISTRATIVE COORDINATOR
Amanda spent five years in the US Navy as an Aviation Maintenance Administrationman. She worked at Rockingham Memorial Hospital for almost eight years, caring for surgical, acute, and COVID patients. She has three children and enjoys spending time with her family and traveling to explore new places.

KIDS ART PROJECT: SCREAM BOX

Sometimes, our feelings are so big that we don't know how to handle them. Here is an activity that your family could do to help talk about those feelings and ways to deal with them

Supplies:

- Empty paper towel roll
- Small Kleenex box
- 8 ½ by 11 sheets of paper
- Clear packing tape
- Markers
- Scissors
- Glue stick
- Magazine images



Instructions:

1. Gather as a family, and each person makes a scream box
2. Cut paper into strips and write down things that sometimes make you want to scream
3. Crumple up the papers and place them inside the box
4. Think about things you can do that help you calm down when you feel like screaming
5. Find images for these things or draw them on paper
6. Glue images/drawings to the four sides of the box
7. Write on a sheet of paper your name, the names of those in your family, and pets (to make this box about you)
8. Wrap a sheet of paper around the tube and tape it
9. Place the tube inside the box and use packing tape to secure the tube
10. Share your boxes with each other
11. Take turns and try screaming into your box



HOSPICE OF THE *Piedmont*

KIDS' GRIEF AND HEALING

SPRING 2024

JOURNEYS GRIEF CAMPS

ADVENTURE CAMP

Saturday, June 1st

10:00am–5:00pm

Verdun Adventure Bound (near Culpeper)

WILDERNESS CAMP

Saturday, October 12th

9:30am–4:30pm

Millington Stables in Free Union

Children and teens ages 5-17 (18 if still in high school) who have lost a person close to them are invited to attend our full-day camps. All camps include activities like art therapy, music making, nature exploration, team-building, remembering loved ones, and enjoying s'mores. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

**Individual art therapy sessions
and school groups are
available upon request.**

*The Kids' Grief and Healing
program is made possible thanks to
generous community philanthropy.*

KIDS GRIEF FAMILY WORKSHOP

Second Thursday of the Month

5:30–7:00pm (In-Person)

HOP's Charlottesville & Culpeper Offices

Families of all kinds are invited to come together and honor their loved ones who have passed away by creating unique art projects. While kids are busy with their art, adults can join a support group to share their experiences and find comfort in connecting with others. Plus, we'll keep everyone fueled with some delicious pizza! All families with children ages 5 to 18 are welcome.

OASIS GRIEF SUPPORT FOR TEENS

Third Tuesday of the Month

5:30–7:00pm (In-Person)

HOP's Charlottesville & Culpeper Offices

(Contact us to participate via Zoom)

Teens who know what it is like to experience the death of someone they love are invited to this monthly gathering. Oasis meets in person for discussion, art, and support. We will connect, do expressive activities, and share our joys and concerns. Unique grief topics will be explored, and each teen will find that they are not alone. Groups facilitated by Master's Level Counselors. Ages 13-17 welcome!

Pre-registration is required for all groups.

Please call
434-817-6915
or email
kids@hopva.org



In time
other feelings
will emerge.

Acknowledge them.

Feel them.

Release them when
you are ready.

www.hopva.org

YOUR PEACE
OUR PURPOSE

Hospice of the Piedmont
675 Peter Jefferson Parkway
Suite 300
Charlottesville, VA 22911

