



CONTACT

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FOR IMMEDIATE RELEASE

Hospice & Community Care and the Pathways Center for Grief & Loss are offering the following virtual and in person programs and events in October, November and December 2021

ADULT DROP-IN GROUPS

Coping with the Loss of a Parent or Sibling

This free meeting, held online via Zoom, includes a presentation and an informal time to talk with others. Call the Pathways Center for Grief & Loss at (717) 391-2413 or (800) 924-7610 to discuss with a bereavement counselor who will also provide the log-in information.

Tuesday, November 2 from 6:30 – 8:00 p.m., *Online via Zoom*

Coping with the Loss of a Spouse or Companion

This free meeting includes a presentation and an informal time to talk with others. Space is limited; registration required. Call the Pathways Center for Grief & Loss at (717) 391-2413 or (800) 924-7610 to register.

Tuesday, October 12 from 6:30 – 8:00 p.m., *Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy*

Tuesday, October 26 from 2:00 – 3:30 p.m., *Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy*

Wednesday, November 3 from 6:30 – 8:00 p.m., *Online via Zoom*

Tuesday, November 9 from 6:30 – 8:00 p.m. *Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy*

Coping with the Loss of a Child (of any age)

This free meeting, held online via Zoom, includes a presentation and an informal time to talk with others. Call the Pathways Center for Grief & Loss at (717) 391-2413 or (800) 924-7610 to discuss with a bereavement counselor who will also provide the log-in information.

Wednesday, October 27 from 6:30 – 8:00 p.m., *Online via Zoom*

Wednesday, November 17 from 6:30 – 8:00 p.m., *Online via Zoom*

Wednesday, December 22 from 6:30 – 8:00 p.m., *Online via Zoom*

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WOMEN'S FINANCIAL, ESTATE AND RETIREMENT PLANNING FORUM

Saturday, October 9 from 8:00 a.m. – 12:30 p.m., *The Essa Flory Center, 685 Good Drive, Lancaster*
Hospice & Community Care invites women of all ages to attend. Local experts will discuss a variety of topics including wills, powers of attorney, investment strategies, retirement planning, long-term care planning and making a tax-savvy charitable gift. Attendees are encouraged to bring their questions and invite their friends. Online viewing is also available via Zoom. There is no cost to attend. Call Pat Cochrane at (717) 295-3900 to register.

GRASP (Grief Recovery After a Substance Passing)

Tuesday, October 19 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

Tuesday, November 16 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

Tuesday, December 21 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

This group provides compassion and understanding for individuals who have had a loved one die as a result of substance abuse or addiction. Pre-registration for new attendees is required. For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.

HOSPICE & COMMUNITY CARE NEW VOLUNTEER ORIENTATION

October 12, 14, 19 and 21 from 1:00 – 4:00 p.m., *The Essa Flory Center, 685 Good Drive, Lancaster*

Experience the life-affirming impact of volunteering with Hospice & Community Care. No special skills or experience are required to join hundreds of others who are giving back. Contact the Volunteer Services Department at (717) 295-3900 for more information and to register or visit www.hospicecommunity.org.

NEWLY BEREAVED PROGRAM (3-WEEK SERIES)

Tuesday, October 12, 19 and 26 from 6:30 – 8:00 p.m., *Pathways Center for Grief & Loss*
4075 Old Harrisburg Pike, Mount Joy

Wednesday, November 3, 10 and 17, from 2:00 – 3:30 p.m., *Online via Zoom*

Wednesday, December 7, 14 and 21 from 6:30 – 8:00 p.m., *Online via Zoom*

If a loss was recent, this series provides an overview of common grief responses and will help attendees to begin to identify coping tools. Space is limited and registration is required. Call the Pathways Center at (717) 391-2413 or (800) 924-7610 at least one week prior to the start of the group to discuss with a bereavement counselor.

LIVING WITH GRIEF SINCE COVID-19 (A PRE-RECORDED WEBINAR FOR PROFESSIONALS)

Thursday, November 11 from 8:30 – 10:30 a.m. OR **Friday, November 19** from 2:30 – 4:30 p.m.

The Coronavirus pandemic has contributed to an unprecedented level of loss since March of 2020. Through an expert panel discussion and recorded interviews, this program will help professionals effectively respond to the onslaught of pandemic-related grief and bereavement needs. This event, held via Zoom, will provide tools to support counseling, treatment, stabilization, and posttraumatic growth. There is no cost to attend. Two (2) free CE credits are available online through the Hospice Foundation of America. Register online for the November 11 session at <https://bit.ly/3xG82Cm> by November 9. Register online for the November 19 session at <https://bit.ly/3xDN6Mq> by November 17.

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

Saturday, November 20, 9:00 a.m. – 12:00 noon

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

Join other survivors for a video presentation and discussion of “Life Journeys: Reclaiming Life After Loss.” Hear from a local panel of survivors and receive information on resources and supports. Register online at <https://isosld.afsp.org/mount-joy-pennsylvania/> or call Elaine Ostrum at (717) 391-2413.

COPING WITH THE HOLIDAYS

The Coping with the Holidays support sessions may help attendees not only get through the holiday season, but perhaps find something positive during an otherwise difficult time. Call the Pathways Center at (717) 391-2413 to register for one session or all of the sessions. Registration deadline is one week prior to the group. If these sessions are unable to be held in person, they will be held online via Zoom. Call the Pathways Center for Grief & Loss at (717) 391-2413 or (800) 924-7610 or visit www.PathwaysThroughGrief.org for updates.

“Holiday Survival Guide,” Tuesday, November 16 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss 4075 Old Harrisburg Pike, Mount Joy

“Holiday Survival Guide,” Tuesday, November 23 from 2:00 – 3:30 p.m.

Pathways Center for Grief & Loss 4075 Old Harrisburg Pike, Mount Joy

“Practicing Gratitude,” Tuesday, November 23 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss 4075 Old Harrisburg Pike, Mount Joy

“Ways to Remember,” Tuesday, December 7 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss 4075 Old Harrisburg Pike, Mount Joy

“Living for Today,” Tuesday, December 14 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss 4075 Old Harrisburg Pike, Mount Joy

“What are the Gifts” Tuesday, December 21 from 6:30 – 8:00 p.m.

Pathways Center for Grief & Loss 4075 Old Harrisburg Pike, Mount Joy

LIGHT UP A LIFE TREE LIGHTING CEREMONY

Wednesday, December 1 from 6:30 – 8:00 p.m., *The Essa Flory Center, 685 Good Drive, Lancaster*

For a gift of \$25, Hospice & Community Care will place a light on an evergreen tree in memory of a loved one during the holiday season. To order, visit www.hospiceconnect.org/lights or call (717) 295-3900. By purchasing a light, supporters are also providing the gift of care for patients and families facing end of life.

MAN TO MAN: GRIEF’S TOOLBOX

Tuesday, December 28 from 6:30 – 8:00 p.m., *Online via Zoom*

Grief is hard work, especially if one does not feel equipped or supported. The Man to Man: Grief’s Toolbox support group, held monthly via Zoom, will give attendees the tools they can add to their “Grief Toolbox” to help them rebuild their life after loss. Call the Pathways Center for Grief & Loss at (717) 391-2413 or (800) 924-7610 to discuss with a bereavement counselor who will also provide the log-in information.

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COPING KIDS & TEENS (a 6-week series)

Thursdays, January 13 – February 17 from 6:00 – 7:30 p.m.

Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

Coping Kids & Teens is a series for children, teens and adults who are coping with the death of a loved one. Families gather together for a light supper before each group session. Children and teens meet in peer support groups and participate in activities to help them cope with a death while adults learn how to manage the challenges of supporting grieving teens and children. Attendees must follow current CDC guidelines. Families meet with a Coping Kids & Teens counselor prior to attending to determine if the group would be the best support option for them. Call the Pathways Center for Grief & Loss at (717) 391-2413 or (800) 924-7610 by December 27, 2021 to schedule an appointment.

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