

# AFTERCARE

## Help for Your Grief Journey

### To Our Families:

The family and staff of Chambers and Grubbs Funeral Homes expresses our sincere appreciation to you for allowing us to be of service at this most difficult time.

Our responsibility is to provide you with the highest level of service both during and after the funeral.

It is our hope that this resource will help you navigate the grief you will face in the days ahead.

This guide will give you some structure and direction. However, it is not intended to be a substitute for professional grief counseling.

Once again, thank you for the confidence and trust you have placed in us. Please feel welcome to contact us anytime that we can be of assistance to you.



**Chambers & Grubbs**  
FUNERAL HOMES

### Inside

Understanding Your Emotions  
PAGE 2

Internet Support  
PAGE 3

Recommended Books  
PAGE 4

Support: Parents & Children  
PAGE 5

General Grief Support  
PAGE 6

General Grief Support (cont.)  
PAGE 7

Widow/Widower Support  
Suicide Support  
PAGE 8

# GRIEVING & RECOVERY

## UNDERSTANDING YOUR EMOTIONS

The death of a loved one will affect people in many ways. No two people go through their grief exactly alike. Some will experience uncontrollable emotional outbursts while others will become withdrawn and bottle their emotions inside.

In the beginning, you will likely experience shock and bewilderment. Your world may not even seem real for a while, like you are just having a bad dream.

You may go through denial. Many people will convince themselves that the death didn't really happen even though they know that it has. It is extremely hard to accept that your loved one is gone.

Panic is another common emotion when you are grieving. Thoughts that you are losing control or can't make it through life any more will likely feel overwhelming.

Many people will be overcome with anger after the initial shock settles down. Anger is the most difficult emotion to accept and deal with. We are taught to not express our anger and to hold it in. But if we don't express it somehow, it will not go away.

All of these feelings can lead to depression. When you are depressed, you feel as if nothing matters anymore. You won't even want to go through the motions of day-to-day living. These emotions are normal. Grief is a process. Give yourself time to hurt.

- Be your own timekeeper. Heal in your own way and in your own time.
- Lean on old relationships with family and friends, but don't hesitate to reach out to new friends.
- Take care of your health. Proper diet, exercise and rest will speed your recovery.
- Read books that will help you understand and deal with your grief.
- Postpone making life-changing major decisions until you are ready and able to handle them.
- When you've had time to adjust, put your affairs in order. Update your will and estate plans. Make sure your own funeral and funeral choices are clearly pre-planned and documented.

# GRIEVING & RECOVERY

## INTERNET SUPPORT

If you have access to the internet, there is a wealth of grief support information available to you. Listed below are four recommended websites. There are hundreds of links from these sites to resources that deal with specific types of grief.

Beyond Indigo: Changing the way you feel about grief and loss. Beyond Indigo has been listed on Forbes Best of the Web for grief support message boards. <http://www.grieving.com>

The Shiva Foundation: The Shiva Foundation was formed to open the dialogue around issues of grief and loss in such a way that honors loss in the cycle of life. <https://goodgrief.org/>

Grief Recovery-The Acton Program for Moving Beyond Loss: The articles were written by Russell P. Friedman and John W. James, with input from Eric J. Cline, Director of the Grief Recovery Institute of Canada. Friedman and James are co-authors of The Grief Recovery Handbook and When Children Grieve. <http://www.grief.net>

Compassionate Friends: The mission of Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. Compassionate Friends is a national non-profit, self-help support organization that offers friendship and understanding to bereaved parents, grandparents, and siblings. There is no religious affiliation and there are no membership dues or fees. The number to call is 1-800-969-0019. <http://www.compassionatefriends.org>



# GRIEVING & RECOVERY

## RECOMMENDED BOOKS

We recommend the following books to help work through feelings of grief.

### Finding Your Way After Your Spouse Dies---Marta Felber

Support and encouragement from a widow who offers scripture, personal reflections and prayer for those whose spouse has died. She combines her counseling skills with her personal grief journey to provide hope for the journey ahead.

### It Must Have Been Moonglow---Phyllis Greene

The author writes about her experiences of grief following the death of her husband. She writes of the challenges of widowhood and the importance of support from friends and family.

### Being a Widow---Lynn Caine

A compassionate, practical, self-help guide for women facing the loneliness and stress of widowhood. It is a good beginning to recovery.

### I'm Grieving as Fast as I Can---Linda Feinberg

How young widows and widowers can cope and deal with unique issues that arise from the death of a young person.

### Widower...When Men Are Left Alone--- Scott Campbell and Phyllis R. Silverman

This book explores the grief process as men experience it and offers different ways for men to successfully work through their grief.

### Grief Observed---C.S. Lewis

A classic work on grief, *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. Written after his wife's tragic death as a way of surviving the "mad midnight moments," *A Grief Observed* is an unflinchingly truthful account of how loss can lead even a stalwart believer to lose all sense of meaning in the universe, and the inspirational tale of how he can possibly regain his bearings.

Understanding Grief---Alan D. Wolfelt, Ph.D. The author helps guide the bereaved person through the loss of a loved one and provides an opportunity to learn, to live, and work through the personal grief process.

### Good Grief: A Constructive Approach to The Problems of Loss---Granger E. Westberg

The author describes what happens to us when we lose someone important in our lives.



# GRIEF SUPPORT GROUPS

## PARENT GROUPS

### Hearts: Support Group

Peer-led support group for parents who have lost a child through molar or ectopic pregnancy, miscarriage, premature birth, stillbirth, neonatal death, SIDS and birth defects. This group meets the second Monday of each month from 6:30-8 pm at Florence United Methodist Church, Room L12 (Green Room - lower level of church), 8585 Old Toll Road, Florence, KY 41042. Church Phone: 859-371-7961.

\*Not run by Therapists or Psychologists but by families who suffered a loss.

### MADD (Mothers Against Drunk Driving)

Materials, support and advocacy for victims of drunken drivers can be obtained by contacting Andrea Rehkamp at 513-769-6800 or by calling the hotline at 1-800-522-8641.

4015 Executive Park Dr., Cincinnati, OH

### Parents of Murdered Children (POMC), National Office

A peer led, self help support group for the families and friends of those who have died by violence. POMC is a national organization dedicated solely to the aftermath and prevention of murder. Call Sherry Nolan at 513-722-7802 (home) or 513-910-2598 (cell). Note: Sherry's contact information can also be used for the Greater Cincinnati Area Chapter. Call 513-722-7802; 513-721 5683 or 1-888-818-7662 for times and locations or visit the website at [www.pomc.org](http://www.pomc.org). 635 W. 7th St., Cincinnati, OH.

## CHILDRENS GROUPS

### Fernside, Center for Grieving Children

A place of comfort and support for children and teens, ages 3-18, and their parents / guardians who have had a significant death in the family. Fernside offers a variety of support groups for children, parents, and guardians (see groups / locations below). Families may register for the program by contacting Fernside at 513-246-9140.

- Parent / Significant Adult Loss Group; second and fourth Tuesday; Anderson
- Parent / Significant Adult Loss Group; first and third Thursday; Downtown Cincinnati

For starting times and specific locations call 513-246-9140.

### STARS for Kids

A support group for any school-age child and caregiver who has experienced the death of a loved one. Offered as a semester series during the school year on Tuesday evening from 6:30-8 pm. Series begin in September and January and are held at Gloria Dei Lutheran Church, Crestview Hills, KY. For more information, contact Marcie Cameron-Meyer at 859-301-4600 or [stars@stelizabeth.com](mailto:stars@stelizabeth.com).

# GENERAL GRIEF SUPPORT GROUPS

## Adult Children Grieving the Death of a Parent

An eight-week support group for adults grieving the death of a parent. Sponsored by Hospice of Cincinnati at the Goldstein Family Grief Center, 4360 Cooper Rd., Cincinnati, OH 45242. Contact Claire Peasely at 513-246-9356.

## ALS Survivors Group Dinner and Social

This group meets tri-yearly at a local restaurant. This group is for those who have experienced the death of a loved one to ALS and enjoy the informal support and companionship of others who have experienced a similar loss. Contact Yvonne Dressman at 859-781-8555 for the date and time of the next gathering.

Meet 3 times per year.

## Companions on a Journey Grief Support: Open Grief Group

### Parent / Sibling / Child / Friend / Spouse

This group is designed to help those who have experienced the death of a loved one to understand their feelings and emotions and meet others who understand. This group meets on the second Tuesday of the month from 7-9 pm at St. Maximilian Kolbe Parish Hospitality Room, 5720 Hamilton-Mason Rd., Liberty Township, OH 45011. Registration is required. For more information, call Companions on a Journey Grief Support 513-870-9108.

## Companions on a Journey Grief Support: Understanding Your Grief

This group is designed for anyone new to COJ's support programs. This is a time-limited session designed to help the newly bereaved understand their feelings and emotions. Registration is required. For more information, call Companions on a Journey Grief Support 513-870-9108.

## Companions on a Journey Grief Support: Young Adult Group

This group is designed to help young adults, ages 18-29, who have experienced the death of a loved one understand their feelings and emotions and meet others who have had similar experiences. For specific time and location, call Companions on a Journey Grief Support 513-870-9108.

## Good Grief

A bereavement support group open to the public. Sponsored by Dearborn Co. Hospital Hospice. Meets for eight sessions in Lawrenceburg, IN. The group is facilitated by a professional staff member and a hospice grief volunteer, both spousal loss survivors. New groups start every spring and fall. For the date and time of the next group, call Tim Heller, LCSW, 1-800-676-5428 or email [deacon500@gmail.com](mailto:deacon500@gmail.com).

# GENERAL GRIEF SUPPORT GROUPS

## Grief Support Group

For those who have lost a friend or loved one, sponsored by Hospice of Cincinnati at the Goldstein Family Grief Center, 4360 Cooper Road, Cincinnati, OH 45242. For dates, times and meeting locations of both general and specialized groups, call 513-891-7700.

## Grief Support for Adults with Disabilities

Support group for those who are grieving the death of a family member or friend. Eight-week group sessions are offered at different times and locations during the year. Contact Fernside at 513-246-9140 for more information.

## Healing a Heart

A support group for adults. A six-week program in spring and fall. Hospice Care of Middletown, 3909 Central Ave., Middletown, OH 45044. For starting dates, times and locations, contact 513-424-2273.

## Life Transitions

For those who are experiencing the death of a loved one from cancer. Meets on the fourth Monday of each month from 6:30-8 pm at Cancer Support Community, 4918 Cooper Road, Cincinnati, OH 45242. Contact Kelly Schoen at 513-791-4060 for more information.

## PEACE: People Enduring Addiction Consequences Everyday Support Group

Meets the first Tuesday of each month from 7-8:30 pm at the Transitions Grateful Life Center, 305 Pleasure Isle Dr., Erlanger, KY 41017. For more information, please contact Connie DeMarrero at 859-635-0187 or Charlotte Wetherton at 859-356-3285.

## St. Elizabeth Hospice

St. Elizabeth Hospice offers a full array of grief services for families of our patients, as well as to the public.

One is not required to have received hospice services in order to receive our grief support services. All grief counseling and support groups provided by St. Elizabeth Hospice are open to the public and are not limited to those having received hospice care. For more information visit the Grief Support website at

<https://www.stelizabeth.com/medical-services/hospice/support/grief-support> or call (859) 301-4611.

## Stars for Adults

An eight-week grief group series for adults who have experienced the death of a spouse, parent, sibling or friend. Meets Thursday from 6:30-8 pm at Atria Summit Hills Senior Living facility in Crestview Hills, KY. Registration is required. Contact Marcie Cameron-Meyer at 859-301-4600.

## Stars For Young Adults

An informal gathering to talk about life affected by death. Meets on the fourth Monday of each month from 6:30-8 pm. Pizza and drinks provided. Contact Marcie Cameron-Meyer at 859-301-4600.

# WIDOWS/WIDOWERS SUPPORT

## Chambers & Grubbs Widows Support Group

Losing a spouse is one of life's most difficult experiences. Healing from your grief is not easy. It's a long, sometimes painful process. We want to help you on your journey toward recovery. Chambers & Grubbs Funeral Homes' Widows Support Group meets the last Tuesday of the month from 5:30PM-6:30PM. The group meets at our administration building located at 8485 Dixie Highway in Florence (next door to our Florence funeral home). There is no fee to attend. For more information or to register, please call (859) 344-5000.

## STARS for Retired Widowers

A grief support / social group for men that meets for breakfast on the second Tuesday of each month at 9:30 am at Atria Summit Hills Senior Living facility in Crestview Hills, KY. Includes guest speakers as well as time for fellowship. Contact Marcie Cameron-Meyer at 859-301-4600 for more information.

## STARS Men's Huddle

A grief support / social group for men. Meets the third Friday of each month at 8 am at Atria Summit Hills Senior Living facility in Crestview Hills, KY. Provides an opportunity to connect with other men and find support in an informal atmosphere. Contact Marcie Cameron-Meyer at 859-301-4600 for more information.

## STARS for Widows

Meets each Wednesday at noon. Registration is required. For more information and to register, contact Marcie Cameron-Meyer at 859-301-4600.

## Young Widows / Widowers Support Group

This 10-week program is sponsored by Hospice of Cincinnati at the Goldstein Family Grief Center, 4360 Cooper Rd., Cincinnati, OH 45242. Contact Jenny Essell at 513-246-9356.

# SUICIDE

## Companions on a Journey Grief Support: Healing After a Suicide Loss

This group is designed to assist adults who have lost a loved one to suicide. Meets the second Tuesday of each month from 7-9 pm at St. Maximilian Kolbe Parish, Hospitality Room, 5720 Hamilton-Mason Rd., Hamilton, OH 45011. Registration is required. For more information, call Companions on a Journey Grief Support, Sheila Munafo-Kanoza, at 513-870-9108.