

# Grief and Loss Resources

## Counseling and Education

### Hospice Grief Center

990 7<sup>th</sup> North St.

Liverpool, NY 13088

(315) 634-1100

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

\*You do not have to be connected to Hospice in order to receive bereavement support. *Virtual Appointments* can be made at this time.

### Hope for Bereaved

4500 Onondaga Blvd

Syracuse, NY 13219

(315)-475-4673

[www.hopeforbereaved.com](http://www.hopeforbereaved.com)

In person appointments are offered on a limited basis at this time. See website for support group opportunities.

### Grief Support Group-6 weeks (beginning October 20, 2020)

Cindi Besio, LMSW

15 East Genesee St. Suite 203

Baldwinsville NY 13027

[Call Cindi to register at \(315\) 529-3937](tel:3155293937) (Limited space available)

Sister Marcia's Group at St. Mary's Church Baldwinsville, NY (315)635-5762

### Additional WEBSITES:

Grief Loss Recovery: [www.recover-from-grief.com](http://www.recover-from-grief.com)

Hospice Foundation of America: [www.hospicefoundation.org](http://www.hospicefoundation.org)

Help Guide: [www.helpguide.org](http://www.helpguide.org)

[Grief.com](http://Grief.com)

### Additional Grief Materials:

On Grief & Grieving: Finding Meaning of Grief through the Five Stages of Loss: Elisabeth Kubler Ross & David Kessler

Finding Meaning: The Sixth Stage of Grief David Kessler

### Additional Books For Children:

When Someone Very Special Dies: Children Can Learn to Cope with Grief: Marge Eaton Heegaard, Marge Heegaard

Tear Soup: A Recipe for Healing After Loss: Pat Schwiebert, Chuck DeKlyen, Taylor Bills

### How to Deal with the GRIEF you Have

1. Let Your Emotions Play Out
2. Name Meaningful Moments
3. Connection is Everything

The FIVE STAGES of GRIEF and LOSS – Elisabeth Kubler Ross  
and David Kessler (See attached blue graph)

DENIAL

ANGER

BARGAINING

DEPRESSION

ACCEPTANCE

-FINDING MEANING – the Sixth Stage of Grief –David Kessler

Symptoms of Grief

- Crying
- Headaches
- Difficulty Sleeping
- Questioning the Purpose of Life
- Questioning your Spiritual Beliefs
- Feelings of Detachment
- Isolation from Friends and Family
- Abnormal Behavior
- Worry
- Anxiety
- Frustration
- Guilt
- Fatigue
- Anger
- Loss of Appetite
- Aches and Pains
- Stress