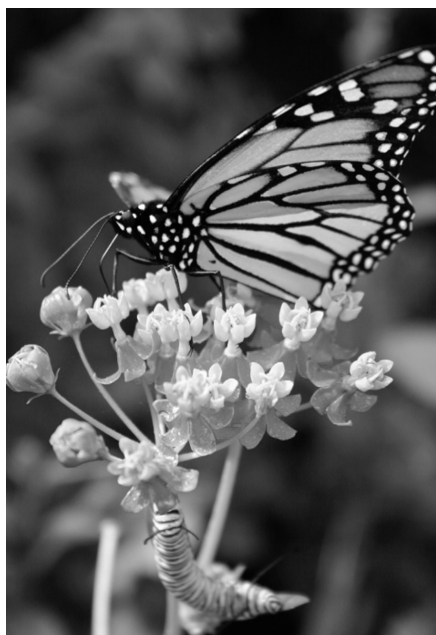


Grief Support Services

Immanuel St. Joseph's Hospice



Grief is a unique experience for each person. In an effort to be responsive to the varied experiences of mourning, the Hospice Bereavement Program offers several types of support services. All of the following services are offered free of charge, and are open to residents of the communities served by Immanuel St. Joseph's Hospice, including Arlington, Le Sueur, Mankato, Madelia, St. James, St. Peter, Waseca and the towns in the surrounding area.

Understanding Grief Seminar

This 90-minute seminar describes common physical, emotional, social and spiritual responses to loss. It offers strategies for working toward healthy integration of a loss. This seminar is currently offered one to two times per month in communities throughout our service area.

Understanding Children's Grief Seminar

An educational seminar for parents, grandparents, or any concerned adult interested in understanding grieving children. Topics will include: recognizing losses, common grief reactions in children, factors which can inhibit grieving in children, rituals that can help children express loss and grief, and what adults can do.

Camp Oz

A day-long grief camp for children and teens, ages 4 to 18, who have experienced the death of someone they love. The camp is a time for children and adolescents to remember and share memories of loved ones who have died. It is a time to meet and connect with others who have also lost a parent, grandparent, sibling, or friend. The camp includes fun activities, comfort groups, memory rituals and ends with a campfire.

Individual and Family Grief Support

Our bereavement coordinator and chaplain are available for one-time or ongoing in-home support for grieving families and individuals. We encourage you to take advantage of this unique service.

Immanuel St. Joseph's

Mayo Health System

1025 Marsh Street, Mankato, MN 56001

www.isj-mhs.org

Community Grief Support Groups

Journey Through Grief: Six-Week Grief Group

Our grief groups are open to all who are suffering the loss of a loved one through death. These groups include time for describing and exploring the grief process and time for sharing stories and experiences with others in the group. Grief groups are offered several times throughout the year; sessions are held once a week for six weeks. The groups are facilitated by the hospice bereavement coordinator or the hospice chaplain.

Weavers: Grief Support Group

Weavers is an informal, drop-in, grief support group for people over the age of 60 whose spouse has died. Weavers meets weekly, year round (excluding holidays), and participants come when they are able. The group meets Thursday mornings from 10–11:30 a.m., at Christ the King Lutheran Church in Mankato. Newcomers are always welcome.

L.O.L. Sisterhood: Grief Support Network

Loved One Lost (L.O.L) Sisterhood is an informal gathering for women aged 40 to 60 who are grieving the death of their spouse or partner. This group meets the first and third Sunday of the month.

New Chapter — Wednesday Evening Drop-in: Grief Support Group

This is an informal gathering of men and women in their thirties, forties, and fifties who are grieving the death of their spouse/partner. They meet on the second Wednesday of the month.

Educational Seminars for Special Days

Hospice offers seminars several times throughout the year in anticipation of holidays and special occasions. These times of the year may bring additional stress and sadness for individuals who are grieving. The seminars introduce strategies for coping with these occasions and allow time for discussion. Seminars include “Memories of Mom and Dad” and “Grief and the Holidays.” These programs are publicized by mail to all of our hospice families and are advertised in local newspapers and church bulletins. All are open to the public.

Memorial Services

Each spring, Immanuel St. Joseph’s Hospice sponsors a “Celebration of Life” memorial service honoring the lives of those whom we have served. All hospice families from the previous year are invited to attend. We also sponsor the “Memory Tree Service” held every fall in Waseca. These celebrations are a way to honor the lives of community members, family and friends. In addition, Hospice sponsors an annual memorial service recognizing the children from our area who have died. This service is held on National Children’s Memorial Day, the second Sunday in December.

For more information on any of these programs and services, please contact Immanuel St. Joseph’s Hospice, 507-385-2618 or 1-800-327-3721, ext. 2618 (toll free).

Immanuel St. Joseph’s

Mayo Health System

Hospice Program

1400 Madison Avenue, P.O. Box 8673, Mankato, MN 56002-8673 • 507-385-2618 • 1-800-327-3721, ext. 2618 (toll free)

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