



# GRIEF SUPPORT NEWSLETTER

Spring 2019

## ***A Community of Grievers***

### ***Why we need each other***

Often, people join communities based on a passion or common interest. While we usually get to choose which community to be a part of, none of us ever asked to be introduced into the community of grievers. However, with the intense feelings of pain and isolation experienced by grievers, this community can provide a supportive presence and solace.

By being around others who “get it,” grievers can begin to gain some understanding and make meaning of their loss. As difficult as this journey of grief is, sometimes we just need someone who can come along side us and hold the umbrella while the rain pours down. The freedom that comes from sharing our stories and emotions with others beside us allows us to begin to heal and find hope.



There is a saying, “grief shared is grief diminished.” While our grief may never leave us, it can become less. It is a part of our story and what joins us as a community... a community that needs each other.

*~Laura Scott*

### GRIEF SUPPORT STAFF

***BSA Hospice of the Southwest*** has grief support staff available to support you during your grief journey.

**You may contact us by:**

**Phone:** 806-350-1352

**Toll free:** 866-654-2941

**Mail:** 5211 SW 9th  
Suite 100  
Amarillo, TX 79106

**Deborah Andrews, LCSW  
Bereavement Coordinator**

**Laura Scott, LMSW  
Bereavement Caregiver**

## Grief Support Groups

Our support groups are open to all community members who have experienced the death of a loved one. Register today at [hospicesouthwest.com](http://hospicesouthwest.com).

## Next Steps

**BSA Hospice of the Southwest office located at  
5211 SW 9<sup>th</sup> Amarillo, TX**

Monthly on-going group

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of April and May

11:00 am to 12:00 pm

## Life After Loss

**BSA Hospice of the Southwest office located at  
5211 SW 9<sup>th</sup> Amarillo, TX**

Six Week Series

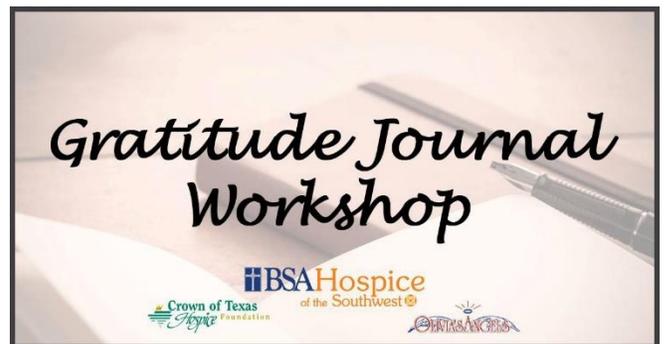
August 1, 8, 15, 22, 29, September 5

5:30 to 7:00 p.m. Thursdays

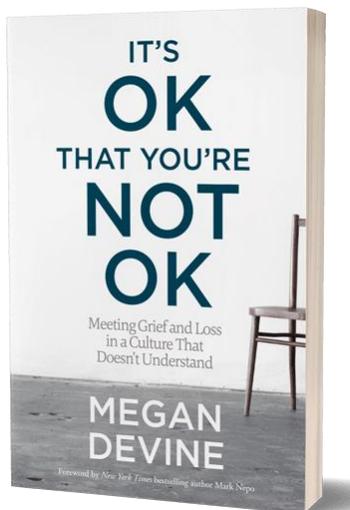


## Upcoming Events

Click on each event to find out more. Register today at [hospicesouthwest.com](http://hospicesouthwest.com).



## Book Corner



### Why Deborah and Laura recommend this book...

Megan Devine offers validation, guidance and practical exercises to help manage grief. Her thoughts on emotional illiteracy and grief, along with tips on learning how to safely come together with “open hearts”, provides us encouragement and hope to experience loss, love and joy.

### Where can I find this book?

We called and they are keeping them in stock at the Amarillo Barnes & Noble just for you!

