

GRIEF SUPPORT FOR OUR COMMUNITY

Healing from the Heart

Center for Grief & Healing

We can:

- Offer a safe space to share your array of feelings
- Help with family communication
- Offer opportunities to express and define hope
- Help those adjusting to the impact of illness
- Offer suggestions for rituals and memory-making opportunities
- Assist with developing self-care strategies for those who are ill and for their loved ones
- Assist with problem-solving and planning



ABOUT US

Founded in 1981 by Nancy Hinds, R.N., Hinds LifeCare serves Fresno, Madera, and Merced counties. We help those living with a terminal condition with caregivers, and those grieving the loss of a loved one, offering hospice services and grief support programs.

GRIEVING AFTER DEATH

Mourning in response to loss is a natural, healthy reaction to one of life's most painful challenges. We at the Center for Grief & Healing are available to assist on your journey.

We can:

- Help you understand your grief for what it is: a reaction to a significant loss
- Offer opportunities to share about the person who died
- Create a safe space for you to experience the pain and loss without letting go of the connection with your loved one
- Provide information about grief in general
- Offer suggestions for getting through the days and through the nights
- Help you plan for difficult days, such as birthdays, holidays, and anniversaries
- Suggest mourning rituals that may help you to honor and remember your loved one
- Help to normalize what you are experiencing in your grief

"Death ends a lifetime, but not a relationship."

– **Mitch Albom**

OUR MISSION

The mission of the Center for Grief & Healing of Hinds LifeCare is to bring understanding, compassion, and professional support to those experiencing loss and grief.

OUR STAFF

Our staff is comprised of licensed therapists and counselors who have received extensive training in the area of grief, loss and healing.

Grief impacts your “whole being” – physically, emotionally, and spiritually. You and your family members may experience an overwhelming array of feelings in the aftermath of a loss or diagnosis.

Some common reactions are:

- Sadness, anger, anxiety, guilt, and fear
- Exhaustion or fatigue, sleep and appetite changes
- Difficulty with concentration, decision-making, or forgetfulness
- Irritability, poor self-care, and isolating behaviors

While all of these responses are typical and normal, everyone expressed grief in their unique way. Some may take comfort in talking and expressing their feelings, while others may keep to themselves and express their feelings privately. Still others may engage in constant activity, finding solace in keeping busy. When grieving, each one's way is “appropriate” and deserves respect.

OUR SERVICES INCLUDE

- Counseling for individuals and families impacted by the death of a loved one
- Counseling for those facing grief through chronic illness or infertility
- Trauma-focused therapy, to include EMDR
- Counseling for individuals diagnosed with a life-limiting illness
- Counseling and support groups for those whose loved one is facing a life-limiting illness
- Grief support groups for adults, teens and children
- Specialized grief support for those Healing After a Loss by Overdose – HALO
- Fresno Survivors of Suicide Loss Grief Support Program
- Education, training, and workshops on a variety of grief-related topics
- Support to local businesses and their staff after the death of an employee or loved one
- Critical Incident Stress Management
- Caregiver workshops and support groups
- Individual and family counseling with a licensed mental health professional
- Suicide prevention education
- Annual memorial events

For more information, please call 559.248.8579

The only service of its kind in Central California, the Center for Grief & Healing is just one of the many ways Hinds LifeCare fulfills its mission to support those who are grieving.

Other services include:

In patient and Outpatient Hospice Care, Pediatric Hospice Care, Perinatal and Infant Loss Support Services (Angel Babies), Multicultural Outreach, Physician Education, Prison

Hospice and Thrift Stores.

As a nonprofit organization, Hinds LifeCare would welcome your generous, tax-deductible donation, which will ensure that the Center is here to offer care and counseling to future generations. Donations may be mailed to the address below, marked “Center for Grief and Healing.”

Hinds LifeCare Center for Grief & Healing
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Member of:

National Hospice and Palliative Care Organization
California Hospice Palliative Care Association
International Association for Hospice and Palliative Care
Central California Valley Coalition for Compassionate Care
Children's Hospice and Palliative Care Coalition
Association for Death Education and Counseling
Association for Death Education and Counseling
California Association of Marriage and Family Therapists
Proud Partner – Susan G. Komen Central Valley Affiliate

Hinds LifeCare complies with all Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hinds Hospice, dba Hinds LifeCare, is a 501 (c) 3 charitable organization – Tax ID # 77-0071360