



**GRIEF
SERVICES**



HospiceCare
OF BOULDER AND BROOMFIELD COUNTIES



“My support group helped me to know that I am not alone.”

— HOSPICECARE SUPPORT GROUP MEMBER

“Letting me know that my feelings were normal was very comforting.”

— BEREAVED SPOUSE

Supporting our community

Grieving the loss of someone we love is one of the most profound experiences of life. It's also one of the most individual. Each person grieves in his or her own way, on his or her own time. Although no one can take away grief, tapping into support systems, identifying internal resources, recognizing common responses to bereavement, and intentionally tending to physical, emotional, and spiritual needs can make it less difficult to live with loss.

At HospiceCare, we consider it a privilege to help those who are grieving regain their balance and resume healthy living. Whether you're looking for personal guidance or walking alongside someone who is, we have something to offer you. Extensive resources for people of all ages and stages in the grief process are available to everyone in the community, and are free of charge.



Supporting you with options

In addition to the wide variety of age and loss-specific grief support groups HospiceCare offers, our experienced grief counselors are available for phone consultations and referrals, and can suggest articles and other materials pertinent to your circumstances. Families whose loved one received HospiceCare services have the additional benefit of 13 months of ongoing support, including short-term individual or family counseling if needed.

Healing Circles: Supporting children, teens, and families

When it comes to support for grieving children, teens, and families, our community trusts HospiceCare. Our Healing Circles program helps to empower kids and families as they express their grief, learn to cope with the loss of a loved one, and move forward in their lives with meaning, connection, and hope. Through support groups, individual and family grief counseling, educational programs, plus a variety of other services, Healing Circles helps parents and children find support for their grief.

Healing with Horses

A collaboration between HospiceCare and the Medicine Horse Program, this unique equine-assisted support group brings together licensed professional therapists, specially trained volunteers, grieving kids, and horses to help group members learn they're not alone. Participants are taught strategies to express their grief, reduce stress and isolation, and connect with others who have experienced the death of a loved one. The group is open to kids and teens with any level of experience with horses.

Camp Erin

Camp Erin is our annual weekend grief camp for children and teens ages 6-17 who have experienced the death of someone close to them. It combines the fun of a traditional camp with bereavement education and emotional support to help kids cope with grief and loss. Thanks to our partnership with The Moyer Foundation and generous donations from HospiceCare's community and volunteers, Camp Erin is free to all campers.

Supporting our schools

For over thirty years, we've been working with the schools in our community to provide grief education and support for both staff and students. Educators look to our quarterly tip sheets for advice on topics such as supporting grieving kids at the start of the school year and during the holiday season. Our experts are also available to provide trainings and phone consultations.

Our community, our mission

Our mission is to provide compassionate end-of-life care, guide and comfort the grieving and educate our community. Highly trained counselors are available to provide everything from grief support and education to referrals to therapists or other grief resources. We also offer a wide array of other services to meet your needs:

- Public presentations
- Customized trainings
- Phone consultations on anticipatory grief
- Extensive resource library with articles available on our website or by mail

Whether you're grieving a loss or looking for advice on how to be there for someone who is, we can help. Call 303.449.7740 or visit www.hospicecareonline.org.



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