

Legacy Hospice

Hospice Bereavement Program

What We Understand About Grief

Legacy Hospice Services views grief and mourning as natural reactions following a death. The experience of grief can sometimes feel overwhelming, confusing and can affect many different parts of a person, including a person's body, emotions, relationships, behavior, spirituality and thoughts. While grief is a universal part of being human, each person may have a different way of experiencing, expressing and coping with grief. Though they may always feel some grief, most people gradually adjust and find ways to live with the loss.

How We Can Help

The bereavement program has developed a number of ways to assist grieving families. All of our services are provided free of charge by trained bereavement specialists. Services include:

- Information about grief
- Grief support groups and classes for adults and children
- Short term supportive grief counseling for families served by hospice
- Referrals to community resources
- Hospice memorial gatherings
- Grief education and other support services for the community at large

Grief Support Offerings

All Legacy Hospice grief support groups and classes are facilitated by grief professionals and are open to those grieving a loss through death. Groups are provided free of charge. Please call for current schedules; **registration is required.**

- ***Understanding Grief: Information and Tools for Coping*** is a one-session class designed to provide information to newly grieving people &/or their support people. Participants learn how to identify their own grieving style and what coping strategies might best help them.
Second Tuesday of every month, Noon – 2 p.m., Legacy Hospice Office, NE Portland
Fourth Wednesday of every month, 2 – 3:30 p.m., Legacy Hospice Office, McMinnville
- ***Ongoing Grief Support Groups*** offer the opportunity to meet other grieving people and share experiences and coping strategies. Groups meet continuously throughout the year in both the Portland and McMinnville area. New members are welcome to join at any time.
First & third Tuesdays, 6 – 7:30 p.m., Legacy Good Samaritan Medical Center; NW Portland
Mondays, 3 – 4:30 p.m., McMinnville Senior Center

(See back for additional group offerings & information)



- ***Pathways to Healing*** grief support groups offer nine weekly meetings. The group utilizes a grief book as a source of information and basis for discussion, as well as providing a safe environment for sharing and self-exploration. Creative and memorializing projects also aid in grief expression.
Wednesdays or Thursdays, 6:30 – 8 p.m., Legacy Hopewell House Hospice; SW Portland
Fridays, 10:30 – 12p.m., Legacy Meridian Park Community Health Education Center; Tualatin

- ***Me Too*** is an eight-week child & family grief support program serving children, teens and their parents or guardians. This program is a collaboration between Legacy Hospice Services, the Providence Hospice Programs and the Oregon Hospice Association. [Click here for program flier.](#)
Mondays or Tuesdays for 8 weeks, 5:45-7:45 p.m., East and West side Portland Metro locations

- ***Men's Breakfast Social*** provides an opportunity for grieving men to find support and camaraderie while sharing a meal. Participants pay for their own meal.
Fridays, 8 – 9 a.m., McMinnville

- ***Gay Men Together in Grief*** offers eight weekly meetings, providing a safe environment for sharing and self-exploration. Creative and memorializing projects also aid in grief expression. Participants receive a complimentary grief book as a source of information and basis for discussion.
Mondays, 6:30 – 8 p.m., Portland, Call for location and registration.

- ***Men Together in Grief*** provides a gathering for men who have experienced a loss through death. Participants will share ideas and strategies for coping with loss; learn about ways that men experience, express, and cope with grief; build a supportive community with others who also know grief; and explore the meaning of this loss for you and your path forward. Call for Portland location/times.

- ***Expressive Arts for Healing*** is a support group that uses creative expression to explore and communicate the grieving process. Please call for information.

To register for any of these groups /classes or to access other grief support

- in the McMinnville area call (503) 472-9685 or 1-800-361-8506
- in the Portland Metro area call (503) 220-1000

Legacy Hospice – McMinnville
 2275 NE McDaniel Lane
 McMinnville, Oregon 97128
 503-472-9685
 toll-free 800-361-8506

Legacy Hospice – Portland
 P.O. Box 3426
 Portland, Oregon 97208
 503-220-1000
 toll-free 800-896-6287

Legacy Hopewell House Hospice
 6171 SW Capitol Highway
 Portland, Oregon 97239
 503-220-1000 or 503-225-6384