



# WinterSpring

*Facing Loss, Embracing Life Again -- Together*

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## OUR TEN GRIEF TIPS FOR ADULTS © WinterSpring 2012

### Help if *you* are grieving:

1. Recognize that grieving happens on its own timeframe.
2. Find safe places and safe ways to express your feelings.
3. Give yourself permission to do less.
4. You don't need to do this alone.
5. Honor your loved one in whatever ways feel natural to you.
6. Don't immerse yourself in taking care of everybody else.
7. Learn about grief, especially common themes for your particular kind of loss.
8. Remember that your body is grieving too.
9. Allow yourself to enjoy something, even laughter, whenever those moments come.
10. When you're ready, start discovering who you are in this new stage of life without the physical presence of your loved one.

### Help for a *friend or loved one*:

1. Be there.
2. Listen and ... keep listening.
3. Offer practical, immediate help, especially in the first weeks after the death.
4. Talk about the loved one who died, and don't be afraid to use his or her name.
5. Ask questions from the heart, not the head.
6. Acknowledge significant days.
7. Keep the invitations coming.
8. Be ready for ups and downs.
9. Accept even the shocking feelings.
10. Be a friend, not an expert.

### OUR ONGOING PROGRAMS:

ADULT PROGRAMS: Based on type of loss and demand, meeting at various locations around Jackson County, e.g., Spouse/Partner Loss, Bereaved Parents, Suicide Loss

TEEN PROGRAMS: On-site in Jackson County middle and high schools; Camp WinterSpring

CHILDREN'S PROGRAM: Ongoing during the school year

BEREAVEMENT SUPPORT IN SCHOOLS: Sending a team to help with staff and students

COMMUNITY EDUCATION and BEREAVEMENT TRAINING

### CONTACT US:

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**For information about programs and client resources: 541-552-0620**

- For all other questions: 541-552-0621

**Our Website:** [www.winterspring.org](http://www.winterspring.org) – *sign up there for our e-newsletter*

**Like us on Facebook:** [www.facebook.com/WinterSpring89](https://www.facebook.com/WinterSpring89)

**MISSION:** *We help children, teens and adults,  
who are experiencing the pain of loss, to embrace life again.*