

*Death leaves a heartache no one can heal,
love leaves a memory no one can steal.*

Anonymous

Alexian Brothers Hospice

Grief



“We are all members in this club nobody wanted to join... Someday the fog will lift and the sun will shine, until then we all do the best that we can with each new day. “

A grieving widower

Grief is the response that we have to any loss in our life. The death of a loved one...a spouse, a parent, a child...is often the most important loss that we will experience, and thus the grief response is also deeper, stronger. Very often, grieving people will describe themselves as feeling as if they are “living in a fog”. There are **common grief reactions** that many people will experience, although everyone’s grief is individual. Similarly, there is no ‘right’ or ‘wrong’ way to grieve. Grief is a process, with **adjustments** that will be made as the individual learns to live a life without their loved one.

We at Alexian Brothers Hospice understand that these adjustments can be difficult and painful. Just as each person’s grief is different, so also will be the type of support that they will need to move through it.

Our Bereavement Department maintains contact with our grieving families for over a year after the death of their loved one, offering various forms of **support** to our families, and also to the community.

Call 1-630-233-5100 for more information.

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