

As time goes by, you may find yourself examining how your life has changed. You may also be learning new things and wondering what the next months will hold.

Please be reminded that the people of Suncoast Hospice are here to help. **Different things help at different times.** The following services continue to be available to you.

- Individual and/or family counseling
- Grief support groups
- Community memorial services
- Information about grief and loss

Please call your team at Suncoast Hospice at (727) 467-7423 if you would like to talk. We are here to listen, and we care.

Grieving: A Time for Reflection

What does healing look like?

It is different for everyone. As you look for your own milestones, keep these in mind. They have been signs of hope for others who are grieving.

“I pumped my own gas.”

“I suddenly realized I was actually looking forward to something!”

“I could concentrate at work.”

“I didn’t feel guilty about having a good time.”

“I could talk about him without falling apart.”

“I learned how to pay the bills.”

“I was able to honor her birthday even though I miss her so much.”

Adjusting over the past months has offered opportunities to change and grow.

Take a moment to reflect on the progress you have made by thinking about the following questions.

What decisions have you made in the past months? _____

What have you discovered that you are capable of accomplishing? _____

What have you learned? _____

How have you changed? _____

What goals do you have for the months ahead? _____

Suncoast Hospice offers a variety of grief counseling options including support groups and private counseling. Call (727) 467-7423 for more information.