

Bereavement groups in South Tahoe, Carson Valley

By Denise Sloan Smart

Are you dealing with a major loss such as the death of a loved one? Perhaps you're grieving over a divorce after many years of marriage? It's normal to feel that your whole life is shattered and that you are alone. Barton Health can help.

Barton's Hospice offers monthly "Memory Dish Bereavement Groups."

In South Lake Tahoe, the group meets the first Thursday of each month from 3:30-5pm at the South Lake Tahoe Senior Center, 3050 Lake Tahoe Blvd.

Dates are Feb. 4, March 4, April 1 and May 6.

Call (530) 543.5581 or (530) 307.0288.

In the Carson Valley, the bereavement group meets from 3:30-5pm in the Carson Valley Medical Center Administration Building, second floor, the fourth Wednesday of each month.

Dates are Feb. 17, March 17, April 21 and May 19.

Call (775) 782.1510.

Trained facilitators and group counselors will be in attendance. There is no cost to attend the group but it is helpful to know who is coming.

Barton's Bereavement Groups can help people pick up the pieces and rebuild their lives. A bereavement group is a safe place for individuals to feel empowered to express grief and sorrow and receive help in re-creating a rewarding life filled with authentic happiness.

Taking good care of yourself helps your body heal from the physical signs of grief. Try to stick with healthy exercise, sleep and eating routines. Having family around can help you feel loved. Or you might need a walk or see a movie with friends to take your mind off things for a little while.

Joining the world again is part of healing. These tips may help:

• Stay in touch with family and friends, even if it's hard to talk.

• Tell people how they can help. It can be as simple as running an errand for you. Attend a support group for people who have been through the same type of loss.

You may find yourself asking: "Why?"

It's normal to seek meaning by asking questions, but there's not always an answer for loss. With time, your loss will still be part of your life, but not the only thing in it. You're not alone and remember that grief healing is a process.

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