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# OVERVIEW

The Bereavement Services Department at Cypress Basin Hospice is committed to providing compassionate care for our patients, their caregivers, and the communities which we serve as they grieve following death or loss. Grief is both a natural response to a traumatic event and a reflection of our love and affection for another. We embrace the holistic idea that grief affects us physically, emotionally, psychologically, and spiritually. Our goal is to educate, support, and encourage those who have experienced loss so that they will grieve in a healthy manner.

Grief is a process that unfolds around us, and it takes time for us to find our footing and discover what our new normal will look like. Recognizing this process, our hospice families and caregivers receive bereavement support for a minimum of 13 months after the death of a loved one.

As a faith based, non-profit organization, Cypress Basin Hospice provides grief and bereavement programs and services at no cost to our families, caregivers, and anyone in our service area who experiences loss of a loved one due to death.

*All bereavement services are offered free of charge.*

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# CONTACT US

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# BEREAVEMENT SERVICES

*Hearts Healing Together*

**903-577-1510**  
**[www.cbhospice.org](http://www.cbhospice.org)**

COMFORT. CARE. COMPASSION.  
*Neighbors Helping Neighbors since 1986*



# INDIVIDUAL COUNSELING

Grief is unique to each person and family. Sometimes a one – on – one conversation is preferred by those who are grieving.

Cypress Basin Hospice welcomes the opportunity to engage with individuals or families for those who desire this more intimate setting to talk about their grief process.

Our Director of Bereavement Services and our Chaplains are leading experts in bereavement care and counseling.

# GRIEF SUPPORT GROUPS

Grief that comes from loss due to a death can cause one to feel alone. Grief support groups provide an arena of support, encouragement, and community.

In a support group, people can connect with other individuals and families as the group shares conversation, quiet reflection, and the experiences of discovering a healthy, new normal. Our group activities allow us to build relationships and trust as we understand and embrace the physical, emotional, psychological, and spiritual reactions to grief.

# CAMP BRAVEHEART

Camp Braveheart is a day camp for children ages 6 – 13 who are experiencing grief from the death of a loved one. At Camp Braveheart we develop a foundation for children to cope with loss and grief. That foundation has three pillars:

- 1) Camp Braveheart is a safe place physically, spiritually, and emotionally for campers to explore their feelings, emotions, and experiences in a fun and supportive setting;*
- 2) Camp Braveheart is a place where community is created, embraced, and enjoyed as the best way for us to understand our responsibility and connection to each other;*
- 3) Camp Braveheart is a place where the value of each person as a beloved daughter or son of God is experienced and known by reminding each one that God loves them and cares for them.*

Camp Braveheart allows campers to be involved in arts, crafts, conversation, play, food and fellowship, and a memorial service to help them healthily remember their loved one. Cypress Basin Hospice believes that **Healthy Kids Create Healthy Communities**. Camp Braveheart is dedicated to that purpose and staffed with professionals and volunteers who are called to work with children.



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