

# PATHWAYS FOR GRIEF & LOSS COUNSELING SERVICES

Providing support for those experiencing  
the loss of a loved one or coping  
with serious illness



## ABOUT PATHWAYS FOR GRIEF & LOSS

Pathways for Grief and Loss is recognized as a leader in providing a comprehensive range of grief counseling and support services. It is the only grief counseling center in Northern Colorado and is a nationally recognized hospice grief support program.

The staff at Pathways for Grief and Loss has more than 70 years of combined experience. Our counselors are licensed professionals with specialized training and expertise.

*A path shows us the way when we feel lost.  
While we each choose our own path in life,  
and in grief, sometimes we need someone  
to guide us and walk by our side.*

Pathways for Grief and Loss has provided comprehensive grief support as part of our mission since 1978. A local non-profit, we serve anyone in our community experiencing the loss of a loved one or dealing with a serious illness. This includes support for family members and caregivers.

## WHAT IS GRIEF?

Grief is a normal response to loss that can turn your world upside down. The loss of a loved one is a life-changing experience, affecting a person's emotions, thoughts and physical well-being. When someone is diagnosed or dealing with a serious illness, they may face similar life changes.

Grief is a complex process that is unique to each person. Everyone grieves in his or her own time and with different intensities. Counseling and support at the right time can truly make a difference.

## COPING WITH SERIOUS ILLNESS

People diagnosed with a serious illness face many changes and challenges, as do their family members. These include adjustments to new routines, dealing with symptoms and treatments and taking on care-giving responsibilities. Counseling can help you navigate these changes and manage difficult emotions.

## WHY GRIEF COUNSELING?

The grief experience can feel isolating and unsupported. Learning to navigate what may feel like foreign terrain can be overwhelming. You may feel unable to find your way through your grief especially if this is a new experience for you. Sorting through all of your emotions while learning to adjust to all the changes in your life may be more than a bereaved person feels capable of handling on their own. Grief counseling can help in all of these areas. Grief counselors are trained to recognize symptoms that are expected in a normal grief experience and provide education in managing difficult emotions.

Counseling can be particularly helpful when:

- The death has been sudden and/or traumatic.
- You are also dealing with other stressful life events or health conditions.
- The relationship with the deceased was complicated.
- When you have experienced multiple losses.

## COUNSELING FOR CHILDREN & TEENS

We have counselors who have specialized training and experience working with children and teens. The use of play therapy, sand tray therapy and art therapy assists children in expressing their experiences, struggles and emotions through these non-verbal, creative methods.

## ART THERAPY

Art therapy is available to children, teens, adults and families. We have two art therapists on staff experienced in working with a variety of media and techniques. Art making can help individuals and families discover new and often surprising ways of expressing and exploring their journey through grief.



## FEES & INSURANCE

There are many options available for obtaining these counseling services.

- Sliding fee scale: call for more information on this income based sliding scale and to estimate your cost.
- Employee Assistance Programs (E.A.P.) offered through insurance carriers of many local employers. For more information on eligibility through Employee Assistance Programs contact Pathways for Grief and Loss or check with your employer's Human Resources department. These programs include:
  - *Cigna*
  - *Aetna*
  - *United Behavioral Health*
  - *ComPsych*
  - *Employee Assistance Service (Poudre Schools)*
- Medicare/Medicaid on a case-by-case basis
- Pathways Hospice patient family members receive six sessions of counseling at no charge.

For more information or to schedule appointments call 970.663.3500 or visit [www.pathways-care.org](http://www.pathways-care.org)



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