

Hospice offers summer support programs

Classes give a sense of control

By SARAH BULTEMA
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Sometimes it takes more than time to heal when a person loses someone he loves.

This summer, Pathways Hospice is offering a series of programs and lectures to bring together community members of all ages dealing with loss to help them grieve, heal and grow.

"It gives people an opportunity ... to have things they have not thought about in the past," said Nancy Jakobsson, director of the hospice's Pathways for Grief and Loss program.

"Being together with other bereaved people gives a sense of belonging, being with people who understand without having to explain."

Programs are open to all community members — not just hos-

pice clients — and are tailored specifically for children, teens and adults.

For youths, the hospice offers "Kids, Horses and Healing," which brings children to Loveland's Hearts and Horses for therapeutic rides on gentle horses.

Along with bonding with other youths in similar situations, grieving children can gain confidence through handling a large animal, Jakobsson said.

"It gives them a sense of control in a time when they feel like life has taken in a more out-of-control sense," she said.

"And they walk away feeling like they had a ton of fun."

There is also a program available for newly bereaved adults, which will teach basic survival tips and grief education for those in the first few months after a loss.

Summer Education Series

Pathways Hospice is offering an educational series about grief that is open to anyone dealing with a death or hoping to support someone who is. There is no registration or fee required. Each session is from 1 to 2:30 p.m. on the following dates:

- **June 23:** What is Grief?
- **June 30:** The Ripple Effects of Grief.
- **July 7:** Families Experi-

encing Grief.

- **July 14:** Importance of Self Care When Grieving.
- **July 21:** Exploring Loss through Art Therapy.
- **July 28:** Loss and Writing: How Words Can Help.
- **Aug. 4:** Moments of Hope: Meditation During Grief.
- **Aug. 11:** Soothing Sounds: The Healing Powers of Music.

A journal and labyrinth workshop, an art studio for teens and a discussion group for people who've lost a spouse are programs that also will be offered this summer.

The programs are available at various costs, and some are free. Additionally, the hospice will

feature a free educational series about grief that is open to anyone in the community dealing with a loss or hoping to support someone who is.

"There is no time limit on when people might choose to do these," said Jakobsson, noting that people are welcome to attend the series

Support Groups

Pathways Hospice is offering communitywide support groups to help people grieve, heal and grow. Call 663-3500 for more information or to register.

- **Kids, Horses and Healing:** June 14 and July 19. Call for registration and fee information.
- **Summer Art Studio for Teens who are Grieving:** 2:30-4 p.m. June 18, June 25, July 2 and July 9. Call for registration and fee information.
- **On Our Own discussion group:**

6:30 p.m. second Wednesday of each month. No fee or registration required.

• **Newly Bereaved Group:** 6:30-8 p.m. June 17, June 24 and July 1 or July 15, July 22 and July 29. Cost is \$25 per three-week group.

• **The Journal and the Labyrinth:** Paths of Grief: 10-11:30 a.m. July 2, July 9 and July 16. Cost is \$25 per three-week group.

• **Summer Memorial Service:** 5:30 p.m. July 13. No fee or registration.

or programs at any time during their grief process.

"I hope anyone will attend who's lost somebody."

MORE: Pathways Hospice is located at 305 Carpenter Road in Fort Collins. For more information, call 663-3500 or visit www.pathways-care.org.