

GRIEF AND LOSS SUPPORT (updated 10/21)

The loss of a loved one can change your world. It can affect how you feel, how you act and what you think. It's a natural response to loss. People can grieve in very different ways and you should let yourself grieve in your own way and time.

Grief is not a problem to be solved, it is a process to be lived.

Adult natural grief reactions can include: disbelief, forgetfulness, changes in sleep and appetite, feelings of restlessness or lethargy, depression, loneliness, anger, guilt, and relief.

Many people find they benefit from being with others who care and can listen to their feelings and provide support. Below are some local resources that may be helpful to you.

Bereavement Group at St. Bede's Church, La Canada	http://www.bede.org/141
Beyond Grief ministry at Glendale Adventist Hospital	https://www.adventisthealth.org/glendale/patient-resources/beyond-loss-bereavement-ministry/
Forest Lawn Grief Counselor: Galen Goben (888) 204-3131, ext. 4662	https://forestlawn.com/grief-resources/
Grief Share	https://www.griefshare.org
On Bright Wings	https://onbrightwings.com
Our House Grief Support Center	www.OurHouse-Grief.org
Soaring Spirits (widowed people)	https://soaringspirits.org/about-us

The Community Resource Center for Aging is available at 818.949.4033 to discuss your particular needs in relation to changes in your life that may include grief and loss.