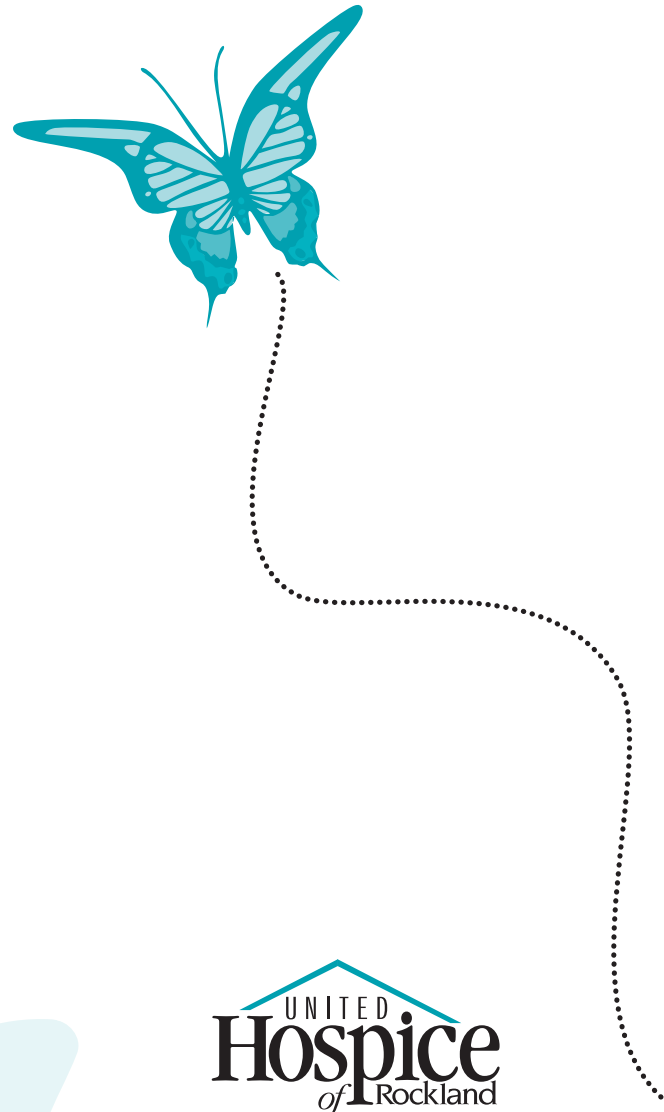


**If you've lost a loved one,  
you are not alone.**

Grieving is a healthy and normal response to any loss. Though a difficult process, grieving is a form of healing, as well as a means through which you can build a bridge between your past and future. It is important to find support that can give you the strength to live a healthy and full life while you work through your grief. UHR's Hope & Healing Program can help you through the grieving process, guiding you through the pain of your loss to a place where you can find peace of mind. We are a community of caring people that warmly welcomes you into our home to share, to feel and to find hope and healing.



*To learn more about our services,  
please call 845-634-4974.*

11 Stokum Lane, New City, NY 10956

Fax: 845-634-7549

e-mail: [info@hospiceofrockland.org](mailto:info@hospiceofrockland.org)

Visit our website at [www.hospiceofrockland.org](http://www.hospiceofrockland.org)

*The Hope and Healing Program is supported  
in part by The Jeffrey David Walerstein Foundation*

The Hope &  
Healing Program

life  
hope  
comfort  
dignity  
compassion  
support  
family  
choice



At United Hospice of Rockland's  
Provident Bank Hope and Healing Center

## **UHR offers many different programs and services to meet your personal needs**

Because we're all unique and everyone grieves differently, the UHR Hope & Healing Program offers several choices to help you.

- *Individual Support Sessions* are offered with a specially-trained bereavement counselor who will work with you in a quiet, secure environment taking the greatest measures to always respect your privacy and your needs.
- *Bereavement Support Groups*: Sessions are offered for family members and friends who share a similar loss. We coordinate separate groups for those who have lost a spouse, those who have lost a parent or sibling, and groups for those who have lost a child.
- *The Healing Hearts Program* offers support for families with children, ages 4-18, who have lost a loved one. Healing Hearts brings children and parents (or guardians) together for group activities, then breaks families

into groups for age appropriate support. Bereavement support for children provides special activities including art, play and music therapies. Parents (or guardians) receive the support they need as well as practical guidance to address the needs of their children.

- *Crisis Intervention/Customized Bereavement Program*: Our crisis intervention team will work with your school, business, congregation or community organization to develop a customized plan to meet your needs.

## **UHR's Hope & Healing Program is uniquely qualified to help you through this difficult time.**

United Hospice of Rockland specializes in bereavement support. Our Hope & Healing Program is one of the only places where you will find specially trained counselors, social workers and volunteers who have a unique expertise in all aspects of bereavement. Our bereavement support team has a profound understanding of what it is like for a

family, a group of friends, or a loved one, to endure a loss. The UHR Provident Bank Hope & Healing Center provides support to all those who share in that grief.

## **There is no cost to UHR Families and Friends**

If you have lost a family member or friend under Hospice care, there is never a cost for any of our services. This includes:

- 13 months of individual support
- Bereavement support groups
- Access to all of our services, including the Healing Hearts program.

*Hope & Healing Services are available to anyone in our community who has experienced a loss. Many of our programs are free, or are offered at a minimal cost. Please call Hospice to inquire.*

## **Call us. We can help.**

*Call the United Hospice of Rockland Hope & Healing Center at 845-634-4974 for more information or to make an appointment to speak with one of our staff. We are always here for you.*