

International Overdose Awareness Day

The Pathways Center for Grief & Loss offers a commemorative event for those impacted by this type of loss. We bring people together to reduce the stigma and provide a day of healing. International Overdose Awareness Day is recognized each year on August 31.

FOR OUR COMMUNITY**Education and Training**

Presentation topics and trainings related to understanding how to support others grieving an overdose death are available for professionals and the community in both English and Spanish.

Professional Support

The Pathways Center is a resource when unexpected death occurs. We provide consultation to others impacted by an overdose death such as employers, school personnel, social service and healthcare workers, faith communities and drug addiction treatment centers.

Pathways Resource Lending Library

A wide variety of books and DVDs about the grieving process are available to borrow. We offer a section of books specifically addressing the grief journey following an overdose loss.

Pathways Newsletter

This newsletter contains information about the natural grief process, as well as upcoming monthly support groups and educational opportunities. Visit www.pathwaysthroughgrief.org to read the current issue for practical suggestions on how to cope with the loss of a loved one.

HOSPICE
& COMMUNITY CARE

PATHWAYS
CENTER for
GRIEF & LOSS

The E. E. Manny Murry Center
4075 Old Harrisburg Pike
Mount Joy, PA 17552

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250
York, PA 17402

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(717) 793-2113 (York)

1-800-924-7610 (toll free)

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Monday–Friday, 8:00 a.m.–5:00 p.m.
www.pathwaysthroughgrief.org

Coping with Grief after Opioid Loss

“Although we knew it might happen, we had no idea how painful it would be...and how alone we would feel!”

PATHWAYS
CENTER for
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“The year that preceded his death was terrible, we expected the worst every day.”

Hospice & Community Care’s Pathways Center for Grief & Loss is sensitive to the bereavement needs for individuals grieving an overdose loss.

A wide variety of significant and unique reactions to grief follow overdose deaths.

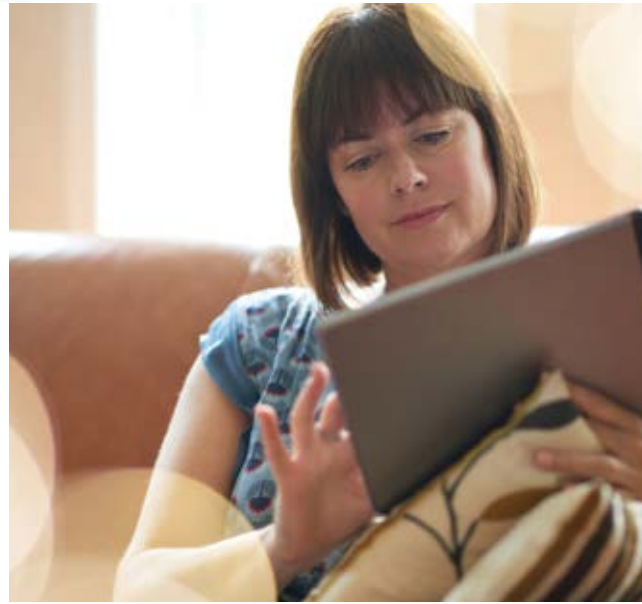
- Anger due to missed clues. What might have seemed to go awry that was either overlooked or not realized as important at the time.
- Worry about others who may think the death is their ‘fault,’ or anxiety about the possibility of another addiction in the family.
- Parents blame themselves or others as contributing to the death.
- Life was chaotic and unpredictable in the months or even years before their loved one died.
- Losing who they used to know before addiction took hold.
- Guilt, stigma, secrecy and feelings of isolation or shame often complicate the grief experience.

SUPPORT IS AVAILABLE

The Pathways Center offers a variety of ways to support this type of loss.

Short-Term Individual or Family Counseling

Short-term counseling is offered at no cost to help you understand your grief experience and identify coping strategies. If you need assistance beyond this we can recommend additional community resources that specialize in counseling and psychotherapy.



HERO (Heal, Endure, Restore after Overdose)

This closed Facebook group provides a safe environment for those grieving to raise questions, express feelings, and support one another along their grief journeys. It is a peer-to-peer group for mutual support, facilitated by the Pathways Center’s Masters-level grief counselors. (You will be prompted to answer three questions before being accepted in this private group.)

GRASP (Grief Recovery After Substance Passing)

This monthly group provides compassion and understanding for individuals who have had a loved one die as a result of substance abuse or addiction.

Loss-Specific Support Series

The following support series are held periodically throughout the year. A grief counselor presents specific topics, followed by time to talk with others who are grieving. The groups provide a safe place for you to share your questions and experiences. Options include:

- Coping with Sudden Loss
- Coping with Suicide Loss

- Coping with the Loss of a Child (of any age)
- Coping with Overdose Loss
- Coping with the Holidays

Online Grief Education Videos

Choose from a variety of videos for personalized learning to obtain tools to better understand your grief journey.

Coping Kids & Teens

This program helps children, teens and families learn about loss, develop coping skills and build self-confidence through fun-filled activities and opportunities for small- and large-group sharing in a safe atmosphere. Three six-week family support series are offered during the school year.

Camp Chimaqua

This three-day overnight weekend camp for grieving children (ages 6-12), provides a safe, accepting and healing environment to better understand and express feelings of grief and loss.

