

CAREFIRST:

HELPING YOU TAKE THE FIRST STEP

Grief is natural. Grief is normal.

Grieving is a journey that teaches us how to live in a new way. To learn more about **CareFirst Grief Services**, or to get immediate assistance, please call us at 607.962.3100.

At CareFirst we offer our complete range of grief services to anyone in Chemung, Schuyler, or Steuben counties who is grieving the death of someone close. Our programs are completely free of charge, and exist for families and loved ones of CareFirst patients as well as for anyone in the community.

**FOR MORE
INFORMATION CALL
CAREFIRST TODAY AT
607.962.3100**



formerly Southern Tier Hospice and Palliative Care

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CareFirst is a not-for-profit community-based program providing residents of Chemung, Schuyler, and Steuben counties of New York State with complete hospice, palliative care, and grief services.



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SUPPORTING YOU, EMBRACING FAMILY, STRENGTHENING COMMUNITY

GRIEF SERVICES



DO YOU OR SOMEONE YOU KNOW NEED HELP COPING WITH THE LOSS OF A LOVED ONE?

CareFirst is the region's leading provider of grief support services. We help you connect with our grief support professionals, and with other people experiencing the same emotions you may be feeling.

Whether you have lost a child, a parent, a friend, whether you have suffered an unexpected loss, or whether your loved one experienced a long illness, professional counselors from **CareFirst Grief Services** can help you find the sources of strength that will carry you through this experience.

EVERYONE HAS A RIGHT TO GRIEVE... AND EVERYONE GRIEVES DIFFERENTLY

At CareFirst, we understand grief. We know that grief can heal best when there is a good support system in place.

CAREFIRST: SUPPORTING YOU

The **CareFirst Grief Services** team provides healing spaces, community outreach, grief packs for kids, grief education, support groups, and private counseling sessions for you and your family.

CAREFIRST: EMBRACING FAMILY

Let the **CareFirst Grief Services** team embrace your needs through a family meeting where loved ones can feel safe to express their feelings openly.

CAREFIRST: STRENGTHENING COMMUNITY

If you or a loved one are experiencing grief issues, you may find solace in our grief support services, which include:

- **Grief Support for Children and Teens**
Advice for parents supporting their children, and a variety of events geared to the needs of children and teens
- **Individual and Group Counseling**
Guidance from Grief Counselors to manage the grief process
- **Support Groups**
Working together to help each other through similar losses
- **Memorial Services**
Remember and honor loved ones, and share stories with others who are grieving

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