



Adult Grief Booklet

+ *10 Day Reflection Guide*

February 2021

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Introduction

I'm proud of you for taking a step to see how you can move forward your healing journey. This booklet was created to reach MORE people where they are...at their own pace, in hopes of healing and growing.

Grief is not something to get over. It is not something that needs fixing, but with the right tools it can make your healing journey healthier and more meaningful.

These booklets are written to help explain that you are not alone in your grief journey, and hope to provide some information and action items for healing.

"A recent study, done before this pandemic by Amerispeak and WebMD, found that 57% of Americans are grieving the loss of someone close to them over the last three years. That means every other person you see is grieving — because grief never really goes away."

At Hope's House we noticed a common theme of adults putting all their time and effort into getting the kids any help they need, and putting their own needs on the back burner. This can result in delayed grief healing. In a national study done by the National Alliance for Grieving Children, 20% of the families polled had a parent that was not getting grief help for themselves. This resulted in kids having:

1. Higher levels of anxiety
2. Some behavior issues acting out in the home
3. Lower self-esteem

This is why it is important to take time for yourself and to work on your own grief journey.

These booklets are published monthly to keep grief healing at the top of mind. This includes new articles and content each month, as well as a NEW 10 Reflection guide every month. I hope you find value in these booklets, and would love your feedback. If you would like to look back at past months booklets visit www.hopeshousewi.com for a free download.

What you can expect from this booklet:

Real talk from people who have gone through a tough loss.
No SHOULDs (you should do this...)

Sending healing thoughts your way,

Gina Peotter

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Grief Myths & Facts

Some of these myths might have been something you believed before you went through a tough death. They are myths that a lot of people feel to be true about death or the grieving process. My goal with this section is that you come to understand that you are not alone, **everything you are feeling and experiencing is ok**. There is no correct way to grieve, everyone's journey is different- just like the relationship you had with your loved one was different from everyone else's relationship with them.

If you keep having that record of "what's wrong with me" or "why am I not..." you may not come to a place where you can start healing. The more you are able to see that what you are going through IS "normal", can help some people heal.

Myth: Grief is the same thing as sadness.

Truth: Grief is not just ONE emotion or feeling, it is complex and can come in many forms.

"Besides experiencing a mix of feelings like sadness, anger, regret, longing, guilt, and loneliness, we may also experience mood swings. All of that intensity can feel unrelenting and frightening. We may even secretly wonder if we are going crazy. Grief at its most intense can feel that way, as we are thrown off balance by trying to manage so many emotions all at once."

Read More: <https://www.taps.org/articles/17-2/emotionaljourney>

Myth: Everyone follows a similar grief path and timeline.

Truth: Every person's grief path is different, even if you have lost the same person in your life... your path will be different from all others.

"Never have I ever heard a bereaved person exclaim, 'Grief is just as expected it to be!'"

Read More:

<https://whatsyourgrief.com/absent-grief-why-am-i-not-grieving-like-i-expected-to/?fbclid=IwAR0whZNOTGmXVTMXsliRDWj9-ojoFIJ7iUUIG8L9b2aqi5-gjC3N8xYpBTs>

Myth: Grief will not change your relationships

Truth: Grief can change the dynamic of a relationship with friends, family and even a spouse. People who grieve can start to feel alone in what they are going through, even if they are married. Being open with people, about how you are doing, can keep the lines of communication open.

Here is a fantastic story about a husband and wife and how they were both grieving differently and how their relationship changed as a result of a death:

<https://www.griefincommon.com/blog/when-your-loss-is-hurting-your-relationship/>

Myth: You will or should grieve less, when you have advanced warning someone is going to die.

Truth: A loss is a loss.

Knowing that a person is sick or a lengthy battle with cancer does not mean that the loss of a person will be easy. Grief is hard, grief is tough and a loss is a loss.

Read More: <https://www.health.harvard.edu/mind-and-mood/prolonged-illness-and-grieving>

Myth: If you haven't gotten rid of your loved one's belongings after X number of years, it means you are not healing.

Truth: People's belongings can bring comfort and healing to some. On the other hand, some people decide to get rid of their belongings, and that brings them comfort and healing.

---> There is no right or wrong way to deal with grief.

Every person is different.

Every situation is different.

Every relationship is different.

Every grief journey is different.

And that is ok!

Read More:

<https://www.psychologytoday.com/us/blog/freedom-grieve/201404/deciding-what-do-things-after-loved-one-dies>

Myth: Grief has an end point

Fact: Your grief journey will last a lifetime. But, it can get easier as time passes, and as you work through your feelings.

Some people choose to:

- Talk to a counselor
- Join a grief group
- Talk to friends/family
- Journal/write
- Work out/run

- Read self development/grief books
- Listen to music or podcasts
- Look at old pictures
- Tell stories about the person who died

What has helped you in your grief journey?

Listen to a podcast on Grief: <https://mindfulnessandgrief.com/fathers-grief-journey>

Myth: The pain after a death of a loved one will go away faster if you just ignore it.

Fact: If you try to ignore the sadness and pain or keep it can make it worse down the road. For real healing, you will need to come face to face with your grief and actively deal with it.

People face their grief head on in a number of ways. If you are looking to speak to a person, you can work with a counseling program/therapist office, grief support groups, confide in your church, reach out to others who have a background in grief support. Others turn inward and work through their emotions through art, journaling, reading... there is no right or wrong way. The only way to not move forward is to shove it all down and not deal with it.

Read More: <https://bit.ly/3iW0V0K>

Myth: If you do not cry, it usually means you are not sorry about the death of a loved one.

Fact: Crying is a normal human response to sadness. People who do not cry may feel the sadness as deeply as others, but internalize or show it in other ways. Everyone's reactions and responses to a situation are going to be different. If someone is not crying (or if you are not crying), not is wrong. It may be shock, delayed emotions, numbness, or many other reasons.

A book on grief and emotions: <https://amzn.to/2Yp08h0>

Myth: Grieving should last about a year.

Fact: There is no specific time frame for grief. The grief journey will differ for each person. Some people do a lot of processing the first year, but others are numb to the reality or shove all the feelings down. It is completely different for each person and each situation.

After my dad died I didn't really process anything until about 5 years later when my mom died. Then it really hit me, and I realized I was avoiding feelings, conversations and ALL the emotions. I was always a "be tough" and don't cry type of person.

Action Item: Share something you learned about grief with someone else this week. Maybe it is a myth that you thought to be true, or you could tell another person about this booklet, or even something you have learned about yourself and your grief journey since the death.

Compounding Grief

Maybe this sounds like you or you know someone who has experienced a story like this:

At the end of 2008 my grandma died right before Christmas. It was the first big family funeral that hit me hard. A few months later my dad died and that hit me like a ton of bricks. I didn't do well with the death and pushed my emotions aside to "get through" life and "move on". A little while later I had a friend die and then a few years later my mom died. I write this not to talk about tally marks of death to explain compound grief, but to explain that death over a lifetime can create a snowball effect.

The phrase compound grief really is a way to explain untangled grief accumulated over a lifetime. I didn't deal with the emotions and the loss of my grandma, then my dad died right after and I avoided everything that reminded me of him. Even not reacting to a death is a choice. I was unintentionally choosing not to deal with the pain I was feeling. Who really wants to feel horrible and sad?!

I wanted to talk about this topic not to tell you a text book term for maybe something you are going through, but to open your eyes to the thought of it being something others are doing as well. Talking about this term is not to shame anyone for acting this way, it's a lot of people's first instinct is to try not to feel deep sadness and move on with life. Being aware of what you might unintentionally be doing by not leaning into your grief, is the first step.

The term cumulative loss is pretty similar, it means many losses over time. Some examples may be:

- Multiple deaths over time
- Multiple pet deaths
- Death and other losses overtime (loss of job, loss of income, loss of home...)
- Multiple losses overtime

After my mom died we had to sell my childhood home. This was so stinking tough, it was like grieving the loss of a person. The emotions hit me pretty hard. What I didn't realize that I WAS actually grieving the loss of that house. It was another added loss to my life. So my hope for you is this opens your eyes a bit to help realize your grief is complicated, but working on it in pieces can help you in your healing journey.

Try not to think of yourself as gone through a number of deaths/losses and feeling like a victim, but that each one has made you who you are today and can help you grow into a stronger person. Each loss can be worked on an individual loss and not an overall grief.

Read More: <https://eterneva.com/resources/cumulative-grief>

Action Item: Make a timeline of your life. Include major milestones, and events in your life including all deaths and different types of losses.

Guided Journaling Questions

Take some time to really be honest with yourself. If you need to type out the answers and delete them so nobody sees. Or you can write it on a piece of paper and rip it into lots of pieces or even (safely) burn the paper. The goal is to not just put down some thoughts, but to be raw and real with yourself about these answers.

1. What lies do you most often tell yourself?
2. What is one thing you would like to change about yourself?
3. What makes life meaningful for you?
4. What is the biggest stressor in your life?
5. If you could go back in time 10 years, what would you tell yourself?
6. The most stressful part of my day was _____.
7. The most enjoyable part of my day was _____.
8. The last time I was with the person who died was _____.
9. I avoid _____ because _____.
10. My favorite memory of the person who died was _____
_____.
11. What place holds the most memories of your loved one?
12. The hardest part of our ending was _____.
13. If you were here right now I would _____.
14. What is the greatest lesson you learned recently?
15. Name three things you are REALLY grateful for

Journal Questions or Talking Points for Kids

These questions can be used to start conversations with kids to dig deeper. Or they can be given to kids as journal prompts to use as their guided journal.

1. What do you miss most about the person who died?

2. What helps you when you are sad?

3. What helps you when you are frustrated?

4. Where is your favorite place to relax and wind down?

5. What is something you miss?

6. What are you grateful for?

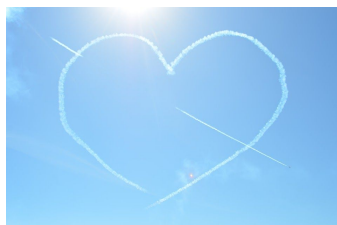
7. What animal do you like the most?

Take the spirit animal quiz <https://www.spiritanimal.info/spirit-animal-quiz/>

8. What is your favorite thing to do with friends or family?

9. What was a hard lesson you learned?

10. What have you done recently that you are proud of?



February Book Recommendations

Kids Grief Books

“**The Heart And The Bottle**” is a neat book about a little girl safe guarding her heart after she finds an empty chair.

“**Friendship Quilt**” is a book about a mouse whose grandma died and the other mice try to do something nice. It’s a cute book about rallying together to comfort a friend.

“**Dealing With... When People Die**” is a unique book explaining death, funerals and common questions kids have. It’s not written as a story but more like a problem solving Q and A type book.

“**Stewart’s Tree- A book for brothers and sisters when a baby dies shortly after birth**” is a great book that explains what is going on to kids after a sibling dies. This book is geared towards younger kids who might not understand what is going on.

“**My Big Dumb Invisible Dragon**” is a neat book about a kid who’s mom died and an invisible dragon followed him around. He comes to realize a few things as the year goes on.

“**One Wave At A Time**” by Holly Thompson is a great picture book about a boy whose dad dies, and how his feelings are like waves of the ocean.

“**The Sad Dragon**” by Steve Herman is a book about a dragon who’s gone through a death in the family. It’s a picture book that is a little bit like a comic book. It is a little long for small children to pay attention to, but is a neat book.

Teen Grief Books

“**Like Nothing Amazing Ever Happened**” is a fiction novel about life after loss geared towards teens.

“**Waiting for Unicorns**” by Beth Hautala is a non-fiction book about a girl who’s mom died and her dad loves her to the Arctic. She teaches her tales from the Inuit and learns about their healing culture.

Middles Grief Books

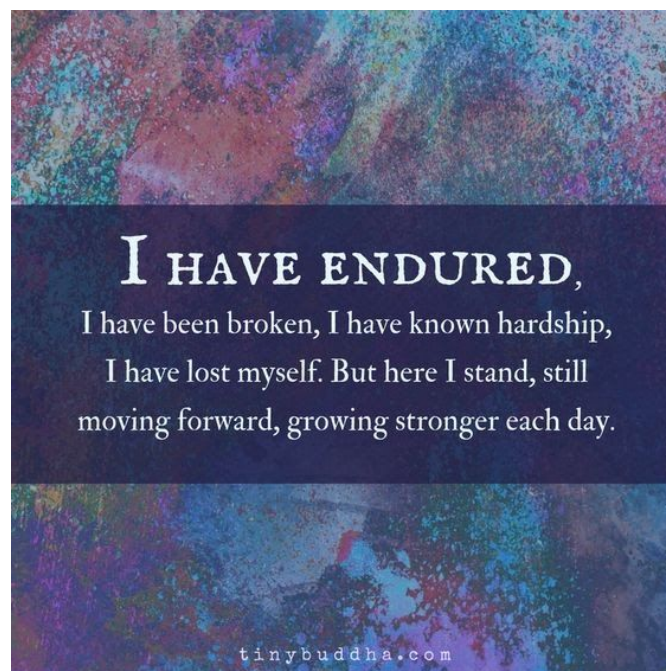
“**Wish You Were Here**” by Nicole C. Kear is a book geared towards about 9+ and is a non-fiction chapter book. It is about a friend who had a death in the family and the fit-it friends learn grief isn’t something you can fix.

“**What On Earth Do You Do When Someone Dies?**” by Trevor Romain is a book that answers common questions kids have about death. It’s a book that’s good for all ages but is 71 pages long so younger kids may lose interest. It answers questions in a soft but direct way, definitely worth reading.

Adult Grief Books

“**Let’s Talk About Death**” is written in the form of email exchange between two people talking about grief.

“**Peace From Broken Pieces**” is a book by Iyanla Vanzant about her life and working through the broken pieces. She talks about moving from pain to peace.



10 Day Reflection Guide- New Death

You can use these anyway you would like. Read them all at once and ponder the questions. Or you can take a few minutes each day to go through one. Another idea would be to read them together with someone else, and share your thoughts. These can also be used as journaling prompts, get out a journal, notebook, paper or computer and write out your thoughts... see where they may take you. This is designed to work anyway you want it to. The goal is to be true to yourself.

Day 1: *"We meet no ordinary people in our lives." - C.S. Lewis*

We don't always stop to think about what makes someone stand out, yet each person brings something special to the table. What is unique about you? Take a moment today and celebrate both of you.

👉Q: What was the most unique thing about your loved one?

Day 2: *"Starting today, I need to forget what's gone, appreciate what still remains, and look forward to what's coming next." - Unknown*

Having something to look forward to is an important part of healing. Make a plan - be it lunch with a friend, a zoom date with a friend or family member, booking an online class, pick up a make and take project from the art store, rent a new movie you have been waiting to watch, order or rent a new book, book a trip for a special occasion (or no occasion at all), plan to try food from a new restaurant.... - that allows you to look forward rather than constantly looking back.

👉Q: What can you do this week for you, that will provide you with some excitement?

Day 3: *"Never regret a day in your life. Good days give you happiness and bad days give you experience. Both are essential in life." - Anonymous*

It is easy to look back and wish you had made different choices. "If only I had done this or said that." You can only live in the moment and do your best today.

👉Q: What "should haves" and "could haves" are you hanging on to?

Day 4: *"Be kind, for everyone you meet is fighting a hard battle." - Plato*

When you are feeling so sad and overwhelmed, it sometimes appears that everyone else is happy and content. In fact, everyone has his/her own struggles. While it may not be grief, what they are facing can be equally tough to bear. Most people put on a mask to hide their sadness, and you may be doing so to a certain degree as well. Be good to the people you meet. Show them compassion, knowing that they too have sadness to bear. Nothing takes you out of your own thoughts of sadness like the joy that comes from doing something for someone else. Make time today to show kindness to someone in your life.

👉Q: What can you do to reach out to someone or offer up some kindness?

Day 5: *"That was the hard thing about grief, and the grieving. They spoke another language, and the words we knew always fell short of what we wanted them to say." - Sarah Dessen, The Truth About Forever*

The easiest people with whom to talk about your grief are those who have also lost someone. Those who have not, want to comfort you and want to show that they care. Until you have been through loss, however, you are only guessing at what it is truly like.

👉Q: Do you find yourself having an indescribable bond between you and someone else who has lost a loved one? What can you do this week to connect with another person who is living the grieving life?

Day 6: *"Nothing ever goes away until it teaches us what we need to know." - Pema Chodron*

Take a moment, either in a journal or on a scrap of paper, to write down the most important thing you learned about yourself from the person you lost. You may have learned that you are more patient than you realized, that you love more deeply than you knew, or that you are loyal. Every person gives us a gift, and it is valuable to recognize each one as the precious treasure it is.

👉Q: What important thing(s) have you learned from the death of your person(s)?

Day 7: *I still miss those I loved who are no longer with me but I find I am grateful for having loved them. The gratitude has finally conquered the loss. - Rita Mae Brown*

It can take a very long time to feel gratitude for the relationship you had. There is always a part of you that will long for one more hour together.

👉Q: How do you feel about the above statement? Put a label on those feelings and sit with it a bit.

Day 8: *An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree. -R. Benyamin Cirlin, Grief counselor*

Consider taking a class in a topic that interests you. It could be an academic subject, a skill, or a sport. Alternatively, join a new club like a book discussion group or a political campaign. While you will most likely enjoy the experience of learning and being involved, one of the greatest benefits is that you will meet people who don't know you as someone who is grieving. It can become a place to connect with others without having to be reminded of your loss.

👉Q: What interests do you have that could lead to connections with other people?

Day 9: *The caterpillar dies so the butterfly could be born. And, yet, the caterpillar lives in the butterfly and they are but one. So, when I die, it will be that I have been transformed from the caterpillar of earth to the butterfly of the universe. - John Harricharan*

Even though it is so hard to say goodbye to the people we love, they truly live on in those left behind. The skills they taught or the stories they told become your skills and your stories to pass along to someone else. Make the best parts of your loved one live on in you and those around you.

👉Q: What stories can you continue to tell or memories of your loved one to pass along their wisdom, humor and character.

Day 10: *When someone you love becomes a memory, the memory becomes a treasure.*
~ Anonymous

Take a moment today to look at a photo, watch a home movie, or hold an object that reminds you of a special time with your loved one. Laugh, cry, and remember. Put that memory in a special place in your heart to treasure always.

👉Q: What can you do with another person who is grieving today? Maybe it is kids in your home- watch a favorite movie of the person who died. Or get out some photos. Maybe it is to call your sister and talk about a funny memory of your dad... think beyond yourself today and walk the grief journey with someone else for a few moments today.

AND TO GRIEF,
I AM GRATEFUL
FOR THOSE
HOURS OF
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EVEN THE
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HEART.

STEADYANDFLIGHT.COM

10 Days of Reflection- 1 Year+

This section is intended for anyone over the year mark after a death. Not saying there is a time limit on grief, but most lives look a bit different days after a death vs a year or more out.

You can use these anyway you would like. Read them all at once and ponder the questions. Or you can take a few minutes each day to go through one. Another idea would be to read them together with someone else, and share your thoughts. These can also be used as journaling prompts, get out a journal, notebook, paper or computer and write out your thoughts... see where they may take you. This is designed to work anyway you want it to. The goal is to be true to yourself.

Day 1: *“I don’t want to stay stuck here. I don’t want to live the rest of my days as a shell of myself. I don’t want to ignore pain because ignoring pain means missing out on joy”. -Laura Jack*

That is a powerful quote. Some people don’t realize they are walking through life numb and ignoring the pain because it’s tough. By pushing down your feelings for days, months and years it might mean you are missing out on joy in your life. Take some time today to reflect on what you are actually doing with your feelings.

👉Q: Are you ignoring your pain?

Day 2: *“Feelings are just visitors, let them come and go”. -Mooji*

That can be scary for some people. Actually letting yourself cry when the feeling arises can be tough. If you have not let your feelings come and go as they pop-up you might not know what to do with it. It’s like retraining your brain to actually feel those feelings. It is going to take time.

👉Q: What are you feeling right now? Work on labeling your feelings as a first step.

Day 3: *“There is nothing I want more than to fall asleep and wake up to find it’s all just been a bad dream”. -Joy’s Mental Health Mission*

Wouldn’t that be great to wake up and everything went back to “normal”. Let’s go with that for a minute. What would you do this week with the person who died if they were still alive? What would be different today about your everyday life? Take some time to think about how much has changed in your life since they died.

👉Q: What in your life has been a positive since the death?

Day 4: *“I have endured, I have been broken, I have known hardship, I have lost myself. But here I stand, still moving forward, growing stronger each day”. -Tiny Buddha*

Reflecting on how much you have grown, changed and learned over the last year+ is something that might provide you with some clarity. Remind yourself that you have come a long way.

👉Q: What has been the biggest thing you have learned in the past year?

Day 5: *“And to grief I am grateful for those hours of recollection... even the moments that simultaneously shattered and healed my heart”. -Steady And Flight*

There is some power in finding gratitude in tough times. It shows that you are in control of your happiness and are taking power of your feelings. A death is horrible, terrible and can shatter many souls, but how you approach your healing can make a world of difference.

👉Q: What are five things you grateful for today?

Day 6: *“Some people may not understand why those grieving are reluctant to move into a new year. For them they see a fresh year, a new season... but for the bereaved it’s moving into a new calendar year, which their loved one will never live in”. -Zoe Clark-Coates*

Starting something new without the person who died can be tough. You know this first hand, your mom/brother/sister/son/grandma... is not there to walk through life with you. It might not seem fair that others get to have their mom/brother/sister/son/grandma... in their lives and they don’t cherish time with them. I struggled with this for a long time after my dad died. Friends would talk about not wanting to go home for Father’s Day because something fun was going on at the college campus... to me it was a slap in the face. I couldn’t go home to see my dad, and everyone else was complaining about going to see theirs. I now realize that people are living in their own realities/cares/worlds and I was internalizing those comments based on my current reality- the death of my dad.

👉Q: What about other people’s comments or actions made you upset after the death?

Day 7: *“There are moments which mark your life; moments when you realize nothing will ever be the same and time is divided into two parts: BEFORE and AFTER this”. -Unknown*

There is a dividing line in your life before death and after. You might have been on a wild journey through life since the death of your loved one. Keeping memories alive can be therapeutic for some. Take some time this week to think of (or research) a way you can do something in memory of your loved one.

- Have a bench made at your local park in memory of the person who died.
- Plant a tree in memory of your loved one.
- Have a bear or quilt made out of their old clothing.
- Light a candle in memory of your person and look at old photos.
- Donate to their favorite charity, a group that helps with grief or the ailment they died from.
- Write on an online tribute wall in memory of the person who died.
- Make a photo collage/book of the person who died and give it to a friend or family member.

👉Q: What will you do this week?

Day 8: *“You don’t ‘get over’ losing a child, you just get to a point where your head and your heart come to an understanding of how much pain and sadness you can live with.” -kane*

Wow! This can be true for any type of loss. I always say you can’t get over a death but you can heal your wounds. Sadness might always be there in your heart, but you may come to a point where you live with it and learn how to heal yourself bit by bit.

👉Q: How do you describe grief to other people?

Day 9: *“My husband died. I don’t need advice. All I need, is for you to gently close your mouth, open wide your heart, and walk with me, until I can see in color again.”-unknown*

Holy man I love this. Yes it is bold, but rings true for a lot of people who have gone through the death of someone. What most people say they really needed at the time of death was someone to just be there... not to give advice, but just be there. Some of us have a hard time knowing that is what we need, or have a hard time asking for help or a companion. It is tough. It stinks, but getting clear with what you need can be helpful, even years after the death.

👉Q: What do you need today?

Day 10: *“You can close the door on grief, but it will peek in through the window.” -Unknown*

This is so true. I tried it for years. What I didn’t realize was that it would cause me to have panic attacks and anxiety attacks down the road for not dealing with my strong emotions. (I’m not saying this will happen to you, it is just what happened with my life). This quote actually came from the book “Grieving Dads: To The Brink And Back”, it is a fantastic book written by dads who had lost someone for dads. I highly recommend reading this book even if you aren’t a dad, it rings true to the raw emotions and actions people go through after a tough death.

👉Q: What is something you will explore this week that you have not done yet related to grief and healing?

- Read a grief book or personal development book
- Listen to a podcast
- Join a grief group
- Write a letter to the person who died
- Connect with a counselor/professional
- Take a relaxation class of some kind
- Reach out to a person who also lost a friend/family member
- Dig out those old videos or movies you have been unable to watch
- Let yourself cry/be sad/be joyful....

Sources

Muehl-Boettcher Funeral home daily emails. You can sign up for those on their website www.muehlboettcher.com

Gina Peotter. Grief Support Specialist, Muehl-Boettcher Funeral Home, Executive Director of Hope's House, January 19- February 1, 2021.

Hope's House- grief support for kids and families email us at info@hopeshousewi.com or connect with us on Facebook.

What's Your Grief- website filled with grief articles and topics for the bereaved. www.whatsyourgrief.com

This booklet is sponsored by Muehl-Boettcher Funeral Home. To learn more about their quality service and family owned business visit the website www.muehlboettcher.com or find them on Facebook. They are located at 358 South Main Street in Seymour, WI 54165 and can be reached at 920-833-2328



About the Booklets

Find more booklets at the Hope's House website www.hopeshousewi.com. These are written every month by Gina Peotter, the Executive Director of Hope's House and the Grief Support Specialist at Muehl-Boettcher Funeral Home.

About the Author

Gina is a Seymour native, she graduated from Seymour High School in 2003. She then went on to complete her Bachelor's Degree from UW-Stout and Master's Degree from Concordia University-St. Paul. She also holds her Grief Support Specialist Certification from UW-Madison.

Gina and some peers started a non-profit in 2018 called Hope's House in the Greater Green Bay area that focuses on free grief support for kids ages 4-18 and their families, and is currently the Executive Director. Gina has written and published a grief book called, ["It's Ok Not To Cry"](#) based on her own life story, and the story of others who have gone through a tough death. She currently writes and publishes a free Adult Grief booklet and Reflection Guide each month available at the Funeral Home or an electronic version on the Hope's House website.

After going through the death of her parents when she was in her 20's, and numerous other friends and family members she started on a path to helping others find hope in dark times. Gina is the Grief Support Specialist at Muehl-Boettcher Funeral Home and is available to the families they serve, to help find the right resources to help navigate life after the death of a loved one.

Gina loves helping others any way she can. She was awarded the WPS Volunteer of the Year Award in Leadership in 2020 for her work with Hope's House. She also is a volunteer at Camp HOPE- camp for grieving children in the Stevens Point area. She volunteered at the Boys and Girls Club- Fox Valley Center for Grieving Children for a number of years, was a Hospice volunteer through Aurora, and a meal prep volunteer at numerous homeless shelters in the area.

"The greatest good is what we do for one another". -Mother Teresa

Find More Grief Resources

Website: www.hopeshousewi.com/resources