



**EMPLOYEE
SUPPORT
PROGRAM
AUG. 2017**

SAYING GOODBYE

Honoring the
process of
grief and loss

Losing someone or something close to you can bring up deep feelings of grief and sadness. The death of a loved one, divorce, or other event is typically followed by a period of grieving. The idea of honoring that grief process refers to both your own personal grief and that suffered by those around you.

A grieving person must be given the space to heal in his or her own time. TEAM is available to help you understand the process of grief and healthy ways to respond to it.

- Articles on the stages of grief and moving on from it
- Information on end-of-life care and funeral arrangements
- Referrals for respite care & in-home care services
- Referrals to bereavement groups

PHONE: **651-642-0182**

TOLL-FREE: **800-634-7710**

WEBSITE: **www.team-mn.com**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.