

Come join us to help each other through the journey of grief together.

Valor HospiceCare offers multiple grief support groups to the community.

Sierra Vista

For Sierra Vista area, please call 520-458-9450 for more information.

Mondays - 3:00 PM

Sierra Vista Chamber of Commerce
21 E Wilcox Dr., Sierra Vista, AZ
(Large Conference Room, masks & distancing)

Green Valley

For Green Valley area, please call 520-399-0200 for more information.

Tuesdays — 10:30 am - 12:00pm

Friends in Deed
301 W. Camino Casa Verde
Green Valley, AZ

Wednesdays — 1:30 pm - 3:00pm

Valor HospiceCare
1131 S. La Canada Dr., Suite 103
Green Valley, AZ

Tucson

For Tucson area, please call 520-615-3996 for more information.

Thursdays—1st and 3rd only at 7:00 am or 11:00 am

Valor HospiceCare
1820 E. River Road, Suite 100,
Tucson, AZ

Navigating Grief During the Holidays

The joy meant to come from Thanksgiving dinners, holiday music and decorations, parties and festivities often seem to amplify the loneliness and pain of grief. The holiday season can be the most painful time of the year for those who have lost dear loved ones.

Here are some ideas that may help you get through this challenging season:

Believe That Grief Is Part of the Healing Journey

During the time of your grief, allow yourself to feel the pain rather than attempting to escape it. This can help advance long-term healing.

It's not helpful to try to ignore the holidays and pretend they don't exist. This time of year will get more manageable eventually, but only if you let yourself live through it now, despite facing it without your loved one.

It's OK to Have Limits

Attending every celebration or tradition is not necessary. Some things may just be too painful, and that's okay. Give yourself the freedom to refuse if you need to.

“Her absence is like the sky, spread over everything.”
— C.S. Lewis



Manage the Things You Can

Some things are inevitable: people will be gushing about their holiday plans around you; Christmas music will be playing at the supermarket. You can't stop those things from happening, but you can plan to limit your involvement in some festivities to a manageable amount this year.

Maybe you want to make a "minimalist" decorating effort this year or allow someone else to help or do it for you. Perhaps you would prefer to order a few gifts you want to give online, so you don't have to face crowds.

Give yourself some serious breaks this year.

Sometimes, we imagine things will be more excruciating than they actually turn out to be. Take deep breaths and tell yourself you can make it through the holiday dinner. Make a plan in advance to excuse yourself after two hours if you need to, rather than staying all evening. Drive yourself to the event, or ride with a friend willing to leave when you're ready, so you don't feel locked in.

Give Yourself Room to Feel and Respond

Allow yourself to feel whatever the holidays bring up for you without judging yourself, even if it's a wide span of feelings in a short time. Don't feel guilty for choking up in front of someone or even for feeling joy despite your loss.

Memorialize your loved one somehow. Maybe you'll bring their favorite food to include at the holiday dinner or bring a poem for someone to read aloud that reminds you of your loved one. A candle lit at the dinner table can symbolize and remind you of your loved one and their memories while gathering.

Start a New Tradition

Feel free to make some new traditions this year. Be innovative and do something a little outside of the norm. You can also modify or simplify old customs and make them more suitable for the new chapter of your life.

Reach Out to Others in Need

Bereaved people can still reach out and help others. Donate to charity, help serve at a community dinner, wrap gifts for needy families. Doing for others can lift your spirits and give you a boost.

Appeal for Help When You Need It

Don't be embarrassed to admit if you need help as you wrestle with the holidays. Family members and friends may not realize how taxing it is to face grief and loss during the holidays. If you need the help of a grief support group, contact Valor HospiceCare for the dates and times of one near you. If you need to talk to a counselor, don't hesitate to reach out to us. We are here to help you.

“And lastly, remember that it is okay to cry.”
— Richard Kauffman

