



# Grief Companion Program

LifeNet Health helps to save lives and restore health for thousands of patients each year. We are the world's most trusted provider of transplant solutions, from organ procurement to new innovations in bio-implant technologies and cellular therapies—a leader in the field of regenerative medicine, while always honoring the donors and healthcare professionals that allow the healing process.



*“At every crisis in one’s life, it is absolute salvation to have some sympathetic friend to whom you can think aloud without restraint or misgiving.”*  
—Woodrow Wilson



1864 Concert Drive | Virginia Beach, VA 23453  
757.464.4761 | 757.464.5721

[www.LifeNetHealth.org](http://www.LifeNetHealth.org)

68-40-186.00





“My grief companion has shown me that she got through it, and so can I.”

—Program Participant

When we lose a dearly beloved we often feel alone in our grief. Our feelings, thoughts and behaviors can be overwhelming. If we are fortunate, we may have understanding family and friends with whom we can share our experiences and provide us with comfort. If not, we can feel isolated. Often, the people around us, even those closest to us, expect us to “move on” with our lives or “get over” the loss of our loved one. They can say things to us which are not helpful, and sometimes even hurtful.

It is important to be able to express our grief, to talk with someone who understands. However, often those closest to us and our loved one are also grieving and reluctant to share their grief in an effort to protect us. That mutual grief becomes a barrier leaving us to walk our journey alone and bewildered.

If this describes you, please consider our Grief Companion® Program. It is designed for you.

**To request a Grief Companion or to learn more about the program:**

- Visit [www.healingthespirit.org](http://www.healingthespirit.org), the DONOR FAMILIES menu, and complete the CONTACT form.
- Call the LifeNet Health Donor Family Service Department at:

**(757) 609-4671.**

**A patient and understanding listener may be the help you need right now.**



LifeNet Health’s Grief Companion® Program was established to pair our donor families who are seeking emotional support and encouragement through their grief journey with other donor families who have walked their own journey.

They understand the unique experience of grief, and support others as they mourn. Our program is designed to provide a safe environment for grieving, free of judgment with an understanding companion they can trust.

Since the Grief Companion Program’s inception in 2006, LifeNet Health Donor Family Services has trained and certified 60 donor family volunteers as Grief Companions and has facilitated more than 150 companionship partnerships. A number of these partnerships have blossomed into lasting friendships.

Your Grief Companion will be an empathetic listener who will allow you to share stories, cry and help you to cope with the upcoming

“anniversaries” and holidays as they answer questions such as “is it normal to...?” He or she can share advice and offer comforting words borne from his or her own experience.

Your Grief Companion is a volunteer who wants to “give back” some of what they have received from others. Some have even had Grief Companions themselves.

They are there when you need them. Some relationships interact frequently by phone, email or Facebook. Some communicate only occasionally or on an as-needed basis. Your grief journey is your own, and the purpose of this program is to provide you with support how and when you need it most.

When you request a Grief Companion you will speak with a Donor Family Services staff member that will provide a more detailed explanation of how the program works and answer your questions.

“My grief companion is perfect for me. She knows what I am talking about and going through when no one else does. She tells me it’s ok to cry, and will listen to me talk about my son.”

—Program Participant