



Pathways for Grief & Loss

Providing support for those
experiencing the loss of a loved one
or coping with serious illness

*A path shows us the way when we feel lost.
While we each choose our own path in life, and in grief,
sometimes we need someone to guide us and walk by our side.*

PATHWAYS COUNSELING IS HERE TO HELP GUIDE YOU THROUGH THE HEALING PROCESS

Pathways Counseling has provided comprehensive grief support as part of our mission since 1978. We are a local non-profit and serve anyone in our community experiencing the loss of a loved one or dealing with a serious illness. This includes support for family members and caregivers.

Recognized as a leader in providing a wide range of counseling and support services, Pathways Hospice is the only grief counseling center in Northern Colorado.

Our programs provide ways for people to share, heal and grow in times of loss and serious illness. Sorting through all of your emotions while learning to adjust to all the changes in your life may be more than you feel capable of handling on your own. Our programs will help you navigate through those emotions and find your way.

PATHWAYS COUNSELORS

Our counselors are licensed professionals with specialized training, degrees and expertise, including art therapy, children's play therapy and other creative therapies such as writing and cooking. We provide individuals, couples and family counseling, and facilitate support groups. We also offer educational programs and offsite consultation in schools, organizations and workplaces.

Please know that you are not alone.
We're here to help.



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GRIEF COUNSELING

Pathways offers individual, couples and family counseling. Counselors are licensed professionals with specialized training and experience in grief and loss. Because people grieve in different and uniquely personal ways, Pathways offers counseling to meet the distinctive needs of different age groups and types of loss. To support the needs unique to losing a parent, spouse, child, sibling, friend or co-worker, Pathways offers specific services and programs themed on these relationships.

SUPPORT FOR COPING WITH SERIOUS ILLNESS

People diagnosed with a serious illness face many changes and challenges. These include adjustments to routines, and dealing with symptoms and treatments. Counseling can help you and your family navigate these challenges and manage difficult emotions.

SUPPORT FOR CAREGIVERS

We understand the difficulties of caring for oneself while caring for another. Often caregivers place their own needs second to those of their ill loved one. Our individual counseling for caregivers, along with our annual Caregiver Pampering Day, offer a safe and supportive environment for caregivers to share ideas, gain support and learn how better to care for themselves as they care for their loved ones.

SUPPORT GROUPS

Our diverse range of programs provide many ways for people to share, heal and grow in times of loss. We provide options that are tailored to different circumstances:

- Newly bereaved
- Bereaved parents
- Groups tailored for kids, teens and adults
- Families
- Grief and the holidays
- Art based
- Widowed persons, including cooking courses

COMMUNITY EDUCATION AND SUPPORT

Memorial Services

Evening of Remembrance services are held each year in January and July. We invite anyone in the community to join in this special time for remembering loved ones.

Educational Presentations

Pathways has developed special presentations to help parents, children, managers, co-workers, mental health professionals in the community, educators and organizations better understand the experiences of grief and loss. Please call for details or to arrange a presentation.

GRIEF IN THE WORKPLACE

Grief from the loss or serious illness of a family member, or of a co-worker can have a tremendous impact on employee well being, effectiveness and ability to contribute. Pathways offers programs and consulting for businesses and organizations to help mitigate the impact of grief in the workplace.

Educating employees about grief alleviates fears, clears up misperceptions, provides coping strategies, and creates a more supportive environment. This can dramatically reduce the impact of grief in the workplace, creating a more positive experience at work and resulting in greater productivity and loyalty.

We work with you to develop a plan which fits your organization and objectives.

“Thank you for taking the time to come to our office the day we lost our co-worker. We are coping as well as can be expected. The tools that you gave us have really helped a great deal. Thanks again for the work that you do.”

—BOB, HUMAN RESOURCES MANAGER

CREATIVE THERAPIES AT PATHWAYS COUNSELING CENTER

Art Therapy

Art therapy blends counseling with the creative process of making art to help individuals of all ages through emotional difficulty. Artistic self-expression can help people resolve conflicts and problems, increase self-esteem and self-awareness, and achieve personal insights. Therapists guide the use of art materials in a supportive and non-judgmental environment, focusing not on products or outcomes but on the therapeutic qualities of the art-making process itself.

“Art gives us a voice when we have none, or a moment of peace when we feel troubled...”

—ANONYMOUS

Art therapy programs, led by art therapists who are also Licensed Professional Counselors, are provided for families, adults, groups and individuals.

You need not have art experience to participate in either of these art programs, just a willingness to explore your creative side.

Support For Children and Teens

Children grieve, but not always in the same ways as adults. Children’s grief is often overlooked or misunderstood because adults may be uncertain about what to look for. Children are less likely to talk about their feelings and more likely to express themselves by acting out, exhibiting regressive behavior or having physical symptoms such as somatic aches or headaches. The child’s response to loss or serious illness also may occur much later than the response of the adults in the family.

Pathways provides private, individual counseling tailored for adolescents and children who are grieving the loss of a loved one, or living with a serious illness of their own, or someone in their life. We offer play therapy, sand tray therapy and art therapy for children and teens.

YOU’RE NOT ALONE. WE’RE HERE TO HELP YOU.

Please call us at 970-663-3500 for more information about our services, support groups, registration and fees. Our website includes a complete list and calendar of support programs, as well as resource materials about grief, loss and caregiving.

To keep our services accessible to anyone in need, we offer sliding-scale fees for individuals and families, hourly rates for businesses, discounted rates for non-profit organizations, and services to schools at no cost.

FEES AND INSURANCE

Family members of Pathways Hospice patients are provided with a limited number of counseling sessions at no charge. Counseling is open to the community and there are many options available for obtaining counseling services.

- Sliding Fee Scale
- Insurance
- Employee Assistance Programs (EAP)
- Medicare/Medicaid on a case-by-case basis

For more information or to schedule appointments, call 970-663-3500 or visit www.pathways-care.org.

