

A VISIT TO THE PEGGY F. MURPHY
COMMUNITY GRIEF CENTER

A Special Place to Grieve



THE PEGGY F. MURPHY
**Community
Grief Center**





Sometimes a person you love may die. Maybe they were sick for a while, or they had an accident. It's hard when a person you love dies.

That may make you feel emotions like:

Sadness | Anger | Confusion | Fear

Together, these emotions are sometimes called

Grief.

You feel grief when someone you love dies. You might have a hard time with your feelings of grief.

There is a special place in Fort Wayne
where you can go to talk to someone
who knows all about grief.



This place is called the Peggy F. Murphy Community Grief Center. It is a building where counselors meet with people who have grief to help them learn how to cope with their feelings.







The Peggy F. Murphy Community
Grief Center is located in southwest
Allen County, Indiana.

When you visit The Grief Center,
you'll park in the parking lot and
come in the main entrance.



5920

Silliman Hospital is a
tobacco-free
campus



When you come to the Grief Center, you'll park in the parking lot. Then you'll get out of your vehicle and walk through the double doors.



At the front counter, you'll be greeted by the receptionist. You will tell her your name and she will give you some information and paperwork to fill out. This will help the people at the Grief Center get to know you.

This is a safe space to share your feelings.





Next, you'll sit in the lobby on a couch or chair by the fireplace while you wait for your grief counselor to bring you back to her office. In the lobby there are books about different kinds of grief. You can take out a book from the grief library that might help you when you're sad.

When it's time for your session, your grief counselor will come into the lobby and call your name. Then you'll walk down the hall to your grief counselor's office.

Sit in the lobby. When your name is called, go with the counselor to their office.



You can sit on a chair or maybe on a couch. Your grief counselor will ask you some questions to learn about your loved one and will talk with you about your feelings for about one hour.

This is a time to share how you are feeling.



You are allowed to tell your grief counselor about all your feelings of grief. You may be confused about why you feel sad. You may want to cry. You may be angry or feel guilty. That's OK. Sharing your sad feelings helps you feel better. You can share stories about your loved one and talk about how their death makes you feel. Your grief counselor will help you learn how to express these feelings and move forward after the loss of your loved one.



Sharing your sad feelings helps you feel better.

After your session is over, you will walk out of the counselor's office with the counselor and say goodbye in the lobby. You can make another appointment with the receptionist before you leave.

Say goodbye in the lobby. You can make another appointment at this time.



If you need someone to talk to after you leave, please call (260) 435-3261 to get connected with someone who can help. We would be happy to talk to you, even if you can't visit our offices in person.

*Thank you for taking the time
to learn about the Peggy F. Murphy
Community Grief Center.*





THE PEGGY F. MURPHY
**Community
Grief Center**

5920 Homestead Road
Fort Wayne, IN 46814

Located on the Stillwater Hospice campus

(260) 435-3261

GriefCenter@stillwater-hospice.org
stillwater-hospice.org/grief-support
