

# ON GRIEF & GRIEVING

---

## From the Chaplains at Auburn Homes & Services

Grief is the complex set of emotional, spiritual, psychological, and sometimes even physical reactions that we experience in response to a loss. This includes not only the profound grief after the loss of a loved one, but also our responses to other losses like the loss of a job or of a prized possession. Grief can include the whole range of human emotions, even some that may surprise us, like joy or anger.

There is no right or wrong way to grieve. Each of us responds differently to loss and we may respond differently to different losses. The individual nature of our responses can sometimes leave us feeling isolated – stranded in our grief while the world goes on around us.

Grief can't be cured and it doesn't need to be fixed, but it can feel more bearable when we engage it directly and with the company and support of others. What follows is a list of resources that we hope will help you to do that. You don't have to go through it alone.

---

### Local

---

Auburn Homes & Services Chaplains  
Chaska – (952) 361-0316  
Waconia – (952) 442-6719

Ridgeview Hospital & Hospice  
Grief Support  
(952) 777-4192

Brighter Days Family Grief Center  
15764 Venture Lane  
Eden Prairie MN 55344  
(952) 303-3873

Southwest Grief Coalition  
<https://www.swgriefcoalition.org/>  
In-person group support, location rotates.  
See website for current details and location.

---

### Virtual

---

What's Your Grief - <https://whatsyourgrief.com/> “A Grief Website for the Rest of Us”  
Grief in Common - <https://www.griefincommon.com/> Online Grief Support  
HealGrief - <https://healgrief.org/> “Providing Community, Support & Connections”  
Hospice Foundation of America - [https://hospicefoundation.org/Grief-\(1\)GriefResources](https://hospicefoundation.org/Grief-(1)GriefResources)