

Taking the First Step

“A journey of a thousand miles begins with a single step.”

— Lao-tzu



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Many of us have seen this quote and some have been inspired by it, but where does one find the courage to take that first step? Will there be ground to support me? What will my next step be? Will I have the stamina to finish this journey?

Is it the fear of the unknown, as people say? Or rather, is it the feeling of being out of control, or not having a plan, or not having something to light up the path that keeps us from taking that first step towards healing?

Hospice of Hilo will be sponsoring The Healing Journey, a six-week adult grief support group. The class will combine group support, education and the development of coping skills, in a safe and confidential setting.

Linda Hovanski, a previous participant had this to say about her

experience: “For me it was over the top. I made the group a priority in my weekly schedule because I felt validated and I was able to share what was on my heart without feeling threatened or judged. After the first day, I said, ‘I’m not coming back. There’s too much pain in this room.’ But I had the courage to return and found the sessions encouraging, supportive, and helpful. I realized that everyone in the room had to take the next step on their grief journey, and I felt comforted by the company.”

To be alive is to experience loss and as a result of these losses, we grieve. The journey of grief is hard work and is often eased by the support of others. Let Hospice of Hilo take you by the hand and help you take that first step.