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PRESS RELEASE
FOR IMMEDIATE RELEASE



Winter Bereavement Programs

(Southwest, Michigan) December 12/23/2008 - Each person's grief is as individual as a fingerprint. Coming together with others who have experienced the loss of a loved one is often a comfort. Grief support groups create a safe and confidential atmosphere for all participants with educational and support materials provided to help guide participants.

Good Grief is a seven-week program offered by Hospice at Home. The program covers topics such as why you feel the way you do; how to cope with loss, guilt and regret; and finding a sense of peace. The latest sessions begin in January and will be held weekly at your local Hospice at Home Office:

- Hospice at Home, 4025 Health Park Lane, St. Joseph begins on Tuesday, January 13th 3:30 – 5:00pm
- Hospice at Home, 4017 Chamberlain, Buchanan begins on Wednesday, January 14th 4:00 - 5:30 pm
- Hospice at Home, 05055 Blue Star Highway, South Haven begins on Wednesday, January 14th 3:00 – 4:30 pm

The hour and a half sessions provide an opportunity for participants to connect with others who are experiencing the loss of a friend or family member. The support group is facilitated by an experienced Hospice at Home Bereavement Counselor. Space is limited, please RSVP at any of our locations or call 1-800-717-3811.

Hospice at Home also offers ongoing groups that meet during the evening for adults and children at Lory's Place Grief Healing and Education Center. The groups include regularly scheduled age-appropriate support group sessions that allow children and adults to interact with peers who have suffered similar loss. Groups for children and adults who are anticipating a loss or who have experienced a loss through pregnancy are also available, as well as educational and workplace grief programs. All community bereavement services are provided free of charge thanks to local community contributions.

Hospice at Home is the non-profit community hospice focusing on the patient and family regardless of the patients' diagnosis, treatment choices, life expectancy, or ability to pay. It provides quality care to people adjusting to living with a serious illness, to people facing death, to people anticipating the death of a loved one, or to people healing their grief after the death of a loved one. Hospice at Home places an emphasis on the emotional, social, and spiritual needs of those who need care and those receiving support services. Serving Berrien, Cass, Van Buren, and Allegan Counties, the care is coordinated by a team of physicians, nurses, home health aides, social workers, spiritual care counselors, bereavement coordinators, and trained volunteers. Extending this care, Lory's Place, a bereavement and education center that builds hope and strength for every grieving family, is available to anyone in Southwest Michigan or Northern Indiana.

For more information contact Hospice at Home at 269-429-7100 or 1-800-717-3811, or go to www.hospiceathomecares.org or contact Lory's Place at 269-983-2707 or 1-800-717-3812, or go to www.lorysplace.org.

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