



Calendar Listing

Date: May 11, 2016

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New Support Groups and Workshops Offered to Anyone Experiencing Grief or Loss

Hope Hospice, part of the HopeHealth family of services, announced new community bereavement support groups and workshops to be held in Brockton, Falmouth, and Hyannis beginning in May.

All support groups provide a safe, confidential and supportive setting for anyone experiencing loss or grief. Programs are led by licensed professionals from Hope Hospice with specialized training and extensive experience.

Registration

Advance registration is required for all support groups. Please call (508) 957-0268 or (774) 487-3624 to register or for more information. All groups are free and open to the public. New members can join within the first two weeks of the group's official start. More information can be found at HopeHealthCo.org.

Schedule and locations

Bereavement Support Groups

HopeHealth, 765 Attucks Lane, Hyannis

- **Loss of a Parent:** A six week group for adults who have lost a parent(s) in the past year. Meets Thursdays, beginning May 19 – June 23, 2016, 10:00 a.m. – 11:30 a.m.
- **Spousal Loss:** A six week group for adults who have lost a spouse or significant other in the past year. Meets Wednesdays beginning May 18 – June 22, 2016, 3:00 p.m. – 4:30 p.m.
- **Loss of An Adult Child:** A four week group for adults who have lost an adult child in the past year. Meets Mondays, beginning June 6 – June 27, 2016, 1:00 p.m. – 2:30 p.m.

HopeHealth, 359 Main St., Falmouth

- **Spousal Loss:** A six week group for adults who have lost a spouse or significant other in the past year. Meets Wednesdays beginning May 18 – June 22, 2016, 11:00 a.m. – 12:30 p.m.

HopeHealth, 1324 Belmont St., Brockton

- **Spousal Loss:** A six week group for adults who have lost a parent or parents in the past year. Meets Thursdays, June 23 – July 28, 2016, 1:00 – 2:30 p.m.
- **General Bereavement Support:** A six week group for adults who have lost a loved one in the past year. Meets Fridays, June 24 – July 29, 2016, 11:30 a.m. – 1:00 p.m.

Workshops

HopeHealth, 765 Attucks Lane, Hyannis, MA

Overview of Loss and Bereavement: This workshop will discuss how loss of any kind has an impact on feelings, thinking and behavior. The effects and phases of the grief process will be examined and various coping skills will be explored.

Friday, June 3, 2016, 1:00 p.m. – 2:30 p.m.

Supporting Bereaved People: This workshop will explore how friends and family members can be most helpful when supporting a grieving individual. How to be a companion through the grief process will be discussed.

Friday, June 24, 1:00 p.m. – 2:30 p.m.

Registration required for support groups and workshops, please call Ann Geagan at (508) 957-0268 or Jackie Duchin at (774) 487-3624.

About [HopeHealth](#)

HopeHealth has been enhancing the quality of life for people experiencing serious illness and loss for more than 35 years. Today, the non-profit organization delivers a wide range of services for people with serious illness and their families. The HopeHealth family of services in Massachusetts includes: Hope Hospice; Hope HouseCalls; Hope Dementia & Alzheimer's Services; and Hope Academy. The Massachusetts Pain Initiative is an affiliate of the organization. Hope Hospice & Palliative Care Rhode Island, formerly Home & Hospice Care of Rhode Island, affiliated with HopeHealth in 2016. Learn more by calling (800) 642-2423 or visiting [HopeHealthCo.org](#).

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