



## **Calendar Listing**

Date: July 6, 2016

Contact: Stacie Madden

(508) 957-0306

[Smadden@HopeHealthCo.org](mailto:Smadden@HopeHealthCo.org)

### **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 to be held in Brockton, Falmouth, and Hyannis beginning in July. 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 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](http://HopeHealthCo.org).

### **Bereavement Support Groups Schedule and Locations**

#### **HopeHealth, 765 Attucks Lane, Hyannis**

- **General Grief Support:** For adults who have experienced a loss in the past year. Meets Wednesdays, July 20 – August 10, 2016, 11:00 a.m. – 12:30 p.m.
- **Loss of a Parent:** For adults who have lost a parent(s) in the past year. Meets Thursdays, beginning July 21 – August 25, 2016, 1:00 p.m. – 2:30 p.m.

Please call (508) 957-0268 to register or for more information.

#### **HopeHealth, 359 Main St., Falmouth**

- **Healing Grief through Journal Writing:** For adults who have experienced a loss in the past two years and would benefit from journal writing. Meets Wednesdays beginning July 13 – August 17, 2016, 10:00 a.m. – 11:30 a.m.
- **Healing Grief through Mindfulness Practices:** For adults who wish to explore the benefits of mindfulness meditation to help with their grief. Meets Wednesdays beginning July 13 – August 17, 2016, 1:00 p.m. – 2:30 p.m.

Please call (508) 957-0247 to register or for more information.

#### **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, July 7 – August 11, 2016, 1:00 p.m. – 2:30 p.m.
- **General Bereavement Support:** For adults who have experienced a loss in the past year. Meets Fridays, July 8 – August 12, 2016, 11:30 a.m. – 1:00 p.m.

Please call (774) 487-3624 to register or for more information.

**Registration required for support groups.**