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Hospice Offers Hope for the Holidays Workshop Nov. 15

(High Point, NC) – “For those who are grieving the death friend or family member, the holidays can be stressful,” says Bereavement Coordinator Jan Hoffmann, LCSW. To help prepare bereaved families for the upcoming season, Hospice of the Piedmont’s Grief Counseling Center is offering its Hope for the Holidays workshop on Tuesday, Nov. 15.

“The workshop is designed to help families decide what they want to do or don’t want to do during the holidays,” explains Hoffmann. “For example, deciding whether or not to travel for the holidays or just stay home. The key is to keep it simple.”

The workshop offers a presentation by the Grief Counseling Center, small group sessions, and ends with a candle lighting outdoors followed by refreshments.

“Since rituals help us feel a connection to a loved one who has died, we give participants ideas on how to remember and honor a loved one at the holidays,” says Hoffmann.

The Hope for the Holidays workshop is from 6 to 8 p.m. in Hospice’s community conference room at 1801 Westchester Dr. in High Point. Adults and teenagers 13 and up who have experienced the recent death of a loved one are welcome to attend. There is no fee, but space is limited and registration is required by Nov. 11.

For information about participation in Hope for the Holidays or to register, please call 336.889.8446.

Hospice of the Piedmont is a not-for-profit organization providing medical, emotional, and spiritual support for those with life-limiting illness and their families, regardless of ability to pay, since 1981. The agency serves four counties – Guilford, Randolph, Davidson, and Forsyth. For more information on Hospice of the Piedmont, visit www.hospiceofthepiedmont.org.

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