

FOR IMMEDIATE RELEASE: January 13, 2012

## **Hospice of the Piedmont announces support group schedule**

(High Point, NC) – Beginning at the end of January, Hospice of the Piedmont’s Grief Counseling Center will host three support groups to help adults who have experienced the death of a loved one.

Meeting on Mondays for six consecutive weeks, the Death of a Parent, Sibling, or Close Friend group focuses on finding emotional support while learning about the grief journey. The group will meet from Jan. 30 through Mar. 5, 3:30 to 5 p.m. in the Hospice Community Conference Room.

Similarly, the Death of a Spouse or Life Partner group meets for six Wednesdays beginning Feb. 15 from 3:30 to 5 p.m. The group will learn coping strategies and discover practical ways to adapt to the changes after the loss of a significant other.

Specifically designed for parents who have been impacted by the death of a child of any age, the Remembering My Child group will meet for eight weeks beginning Mar. 6 through April 24 from 5:30 to 7 p.m. in the Hospice Family Room. The goal of this group is to help participants find a safe environment to share and discover others who have experienced a similar loss.

All support groups meet at Hospice of the Piedmont’s administrative office at 1801 Westchester Dr. in High Point and are facilitated by a licensed professional counselor. The groups are offered free of charge as a community service, however, registration and one pre-group counseling session are required. Please call the Grief Counseling Center at 336.889.8446 to register.

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 since 1981. The agency serves four counties – Guilford, Randolph, Davidson, and Forsyth. For more information about Hospice of the Piedmont and support groups, visit [www.hospiceofthepiedmont.org](http://www.hospiceofthepiedmont.org).

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