

## Hospice offers local grief support

Written by Holyoke Enterprise

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Hospice of the Plains will provide a Grief Support group that is open to the general public starting Tuesday morning, July 7, and running for six weeks, concluding Aug. 11.

The support group will meet in the Peerless Community Center at 212 S. Interocean Ave. in Holyoke from 10 a.m. until noon. Thrivent Financial for Lutherans has provided a grant to cover the cost of materials for this support group.

Facilitators for the group will be Peggy McCall, family services coordinator; and Thom Gosser, Hospice chaplain. The group will use the material from Dr. Alan Wolfelt titled *Understanding Your Grief. Ten Essential Touchstones for Finding Hope and Healing Your Heart* and the *Understanding your Grief* journal.

The first book provides information for the group and the second book provides an opportunity for both guided journaling and free journaling.

Participants will have the opportunity to read, journal, discuss and tell the story of their loss. Sharing one's own story and listening to the stories of others has proved helpful to many people. While each individual going through grief has to do his or her own work, there is help available.

Grief is not a medical disease that is cured. Grief is certainly not something one "gets over" and returns to normal. Grief is an emotional, physical and spiritual response to loss.

It is the goal of Hospice of the Plains to provide support for people journeying through grief.

Participants do not need to have had any prior relationship with Hospice of the Plains. Please call the Hospice office at 970-332-4116 to enroll.

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