



October 12, 2009

## **For Immediate Release**

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## **Workshop Helps with Grief in the Holiday Season**

Lower Cape Fear Hospice & LifeCareCenter Bereavement Services presents *Loss and the Holidays*, a one-session workshop for adults experiencing grief during the holiday season, from 2 to 4 p.m.

Wednesday, Nov. 11 at Seaside United Methodist Church in Sunset Beach and from 10 a.m. to noon Thursday, Nov. 12 at St. Peter Evangelical Lutheran Church in Southport.

Grief group discussions include understanding the grief process; coping with loss; defining realistic expectations for the holidays; and suggestions for creating new holiday traditions.

The workshop is free, and donations are appreciated. Pre-registration is required. Call 754-5356 by Nov. 9. Please leave your name, phone number, and indicate the specific location you wish to attend.

Lower Cape Fear Hospice & LifeCareCenter is a nonprofit agency that provides health care and comfort to people with life-limiting illness; support and counseling to families; and education to the community in Bladen, Brunswick, Columbus, New Hanover and Pender counties.

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