



Oct. 19, 2009

For Immediate Release

Contact: Gail Cannon, 910-642-9051, ext. 504

Program Focuses on Coping with Holiday Grief

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 6 to 8 p.m. Thursday, Nov. 12 or Thursday, Dec. 3 at the Angel House Hospice Care Center, 206 Warrior Trail Road in Whiteville.

Grief group discussions include tips on defining realistic expectations and coping more effectively during the holidays, as well as suggestions for creating new traditions.

The program is free, and donations are appreciated. Pre-registration is required. Call 642-9051, ext. 504. Please leave your name, phone number, and indicate the *Loss and the Holidays* workshop 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.

Corporate Office
1414 Physicians Drive
Wilmington NC 28401
p910.796.7900
f910.796.7901

Hospice Care Center
1406 Physicians Drive
Wilmington NC 28401
p910.762.9422
f910.341.3014

Bladen County Office
101S. Craig Street
PO Box 1984
Elizabethtown NC 28337
p910.862.3111
f910.862.3148

Brunswick County Office
10 Doctors Circle
Suite 4
Supply NC 28462
p910.754.5356
f910.754.5351

Columbus County Office
206 Warrior Trail Road
Whiteville NC 28472
p910.642.9051
f910.642.0223