



Oct. 12, 2009

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For Immediate Release

Workshops Help with Holiday Grief

Lower Cape Fear Hospice & LifeCareCenter offers Loss and the Holidays, one-session workshops offering grief support programs for adults and children experiencing seasonal grief.

Loss and the Holidays for **adults** will be held Nov. 9 from 10:30 a.m. to 12:30 p.m. **or** 6 to 8 p.m. **or** Dec. 8 from 10 a.m. to noon **or** 6 to 8 p.m. For **children and youth**, Loss and the Holidays will be held Nov. 9 **or** Dec. 8 from 6 to 8 p.m. Workshops will be held at the Phillips Center, 1414 Physicians Drive in Wilmington.

Group discussions include making decisions and accepting limitations during the holidays, coping with grief during this time, defining realistic expectations for the holidays, and suggestions for creating new holiday traditions.

Registration is required. To register, call Lower Cape Fear Hospice & LifeCareCenter at 796.7991 or 796.7925. When leaving a message, please leave your name, telephone number, and the session you wish to attend. There is no charge for these sessions, and donations are appreciated.

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