



## **Hospice & Palliative Care of Westchester Announces 2010 Bereavement Support Group Schedule**

**White Plains, NY – (January 25, 2010)** – Hospice & Palliative Care of Westchester (HPCW) has announced this year's bereavement support group offerings. All support groups are facilitated by clinical social workers with expertise in grief counseling.

Participation in a support group has been shown to be one of the best ways to help those who are grieving the death of a loved one. People who have gone through this experience are brought together in a safe, caring and compassionate environment. Individuals learn how to manage their grief and the grief process in a healthy manner and are provided an emotional connection during a time in which they typically feel isolated.

"Grieving with others in support groups can decrease emotional stress and provide a safe outlet for difficult emotions," said Kate Colburn, M.A., executive director of HPCW. "Bereavement support enables individuals who have experienced a loss to share their stories with others and find meaning again in their lives."

Daytime Senior Loss of Spouse support groups will take place on Wednesdays from 10:30 a.m. until noon.

For information on evening support groups for Adult Loss of Parent, Loss of Spouse and General Bereavement, and for general registration, contact Janice Sauer, LCSW, CT, HPCW's bereavement coordinator, at 914-682-1484 x130.

Support groups are available to all members of the community and meet at HPCW in White Plains. Each group has a suggested donation of \$10 per session. Pre-registration is required. Each group is nine sessions long and is scheduled as needed.

Hospice & Palliative Care of Westchester is located at 311 North Street, Suite 204, White Plains, NY 10605, White Plains, NY. For additional information, visit [www.hospiceofwestchester.com](http://www.hospiceofwestchester.com) or call 914.682.1484.

**About Hospice & Palliative Care of Westchester:** Hospice & Palliative Care of Westchester is a private, not-for-profit healthcare agency that provides skilled, compassionate and comprehensive end-of-life home care to patients with any diagnosis and gives support to their families and loved ones.

### **CONTACT:**

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