Hospice & Palliative Care of Westchester

Hospice & Palliative Care of Westchester Establishes Bereavement Support Group for Men

White Plains, NY – (August 23, 2010) – Hospice & Palliative Care of Westchester (HPCW) has established a bereavement support group geared specifically toward men. The group will be facilitated by Bruce Page, a bereavement coordinator at HPCW, who has been extremely effective in working with men through the grief process.

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 emotional support during a time in which they typically feel isolated.

However, men grieve differently than women. Typically, women are socialized, seek help and discuss issues or feelings that are confusing and difficult to reconcile. Men address life issues as if they are problems to be solved. However, grief and loss are very difficult to "solve."

A man confronted with the death of a loved one will typically seek out new activities but will realize that keeping busy does not help. Further, men often expect that recovery from a significant loss will follow a linear path. The continual rollercoaster of emotions can leave men feeling paralyzed and depressed.

"A positive environment for moving on with our grief is a support group tailored for people with similar losses. Often, by listening to one person's story, we can gain insight in how to better manage our own experience of loss," said Kate Colburn, M.A., executive director, HPCW.

All men who have suffered the loss of a spouse or a parent are eligible for an intake interview to determine if this group will address their needs. All groups meet at HPCW's White Plains headquarters. Each group has a suggested donation of $15 per session. **Pre-registration is required.** To register, call Bruce Page, M.A.T., at 914-682-1484 x118.

Other bereavement support groups include Evening Adult Loss of Parent, Evening Loss of Spouse and Daytime Senior Loss of Spouse.

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 or call 914.682.1484.

About Hospice & Palliative Care of Westchester: Hospice & Palliative Care of Westchester is a private, not-for-profit agency that provides comprehensive end-of-life health care services to people with advanced illnesses who live in Westchester County. Hospice & Palliative Care of Westchester offers programs and care that are intended to promote patient quality of life by addressing the medical, physical, emotional and spiritual needs of patients and their families.

CONTACT: Lauren B. Schiffman
Co-Communications, Inc.
Lauren@cocomunications.com
508-768-8474