



# Press Release

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**FOR IMMEDIATE RELEASE**

December 11, 2009

## **COMFORT PROVIDED THROUGH GROUP MEETINGS**

**ROCK HILL, S.C.:** The loss of a loved one is often one of the most difficult and painful experiences we face in life. Many people find that talking to others who have had similar losses can be very helpful in dealing with the many unpredictable ups and downs that come with grief.

Grief support groups provide a place where you can begin to heal after losing a loved one. You can talk, compare feelings and experiences, and learn that your reactions are a normal part of the grief process. Our losses are different but we understand and can relate to each other. We learn how to begin adjusting to our loss and how to reinvest energy into life again.

Hospice & Community Care will offer a 5 week support group beginning on Tuesday, January 12, 2010 from 6 – 7:30pm. The groups are open to the community at no charge. Space is limited, so registration is required by January 7th. If you or someone you know would like more information, please call Hospice & Community Care at 329-1500 or 800-895-CARE (2273) and ask to speak to a grief counselor. Meeting location will be disclosed at that time.

Hospice & Community Care, a nonprofit organization dedicated to caring for terminally ill people in a special way offers grief programs at no cost to the community. We have been serving the counties of York, Chester, Lancaster, Cherokee, Fairfield and Union since 1985. Hospice & Community Care also offers the area's only hospice house, the Wayne T. Patrick Hospice House. Our mission is to give hope comfort and compassion to our community when needed most.

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