

Contact Info: Amanda Schmidke
Marketing Coordinator
Arbor Hospice & Home Care
Phone: (734) 662-5999, ext.107
Fax: (734) 662-9000
aschmidke@arborhospice.org
www.arborhospice.org

FOR IMMEDIATE RELEASE

Ann Arbor, Mich. – June 9, 2006 – Grief is a challenging and unique experience. Everyone copes with it differently and many individuals welcome a helping hand to support them.

Arbor Hospice & Home Care understands the unique situation of someone dealing with the loss of a significant person in their life. With this understanding several grief support groups are available to community members to help them with their grief.

New Pathways is an eight-week support group for adults who have experienced the loss of a significant person. Discussion topics include understanding grief, how the holidays affect the grief process and the wide range of emotional responses in the grief process.

Sessions will take place on Tuesdays in Ann Arbor at the Arbor Hospice Residence, 2366 Oak Valley Drive from July 18, 2006 until September 5, 2006 from 10 a.m. until 11:30 a.m. New Pathways support group will also take place at the Arbor Hospice Downriver office in Trenton, 19145 Allen Road, Suite 110 on Mondays, July 17 until September 11, 2006 from 7 p.m. until 8:30 p.m.

Adult Loss of a Spouse or Partner helps those faced with the unique issues associated with the death of a spouse or partner. Sessions will take place in Ann Arbor at the Arbor Hospice Residence, 2366 Oak Valley Drive, on Wednesdays from July 19 until September 6, 2006 from 7 p.m. until 8:30 p.m.

Adult Loss of a Parent helps adults cope with the issues and emotions unique to the death of a parent. This session addresses the issues and strong emotions felt when a parent dies. Sessions will take place Tuesdays at the Arbor Hospice Residence, 2366 Oak Valley Drive in Ann Arbor, at 7 pm until 8:30 p.m. from July 18, 2006 until September 5, 2006.

The Suicide Loss support group helps survivors understand the grief issues specific to a death by suicide. Sessions will take place on Thursdays at the Arbor Hospice Residence, 2366 Oak Valley Drive in Ann Arbor from 7 p.m. until 8:30 p.m. beginning July 20,2006 and lasting until September 7, 2006.

BraveHeart's newest support group, Healing HeARTS, incorporates an art project into two sessions providing a special opportunity for healing and growth. This special group takes place on Tuesdays, beginning July 18, 2006 and running for eight weeks. It will meet at the Plymouth Community Arts Council in Plymouth, Mich. from 7 p.m. until 8:30 p.m.

All support groups are offered free of charge to all members of the southeastern Michigan community. For more information about any of the support groups offered by BraveHeart Grief Services visit www.braveheartofmichigan.org or call (734) 662-5999, extension 177.

BraveHeart Grief Services are offered to community members who have experienced the loss of a loved one. BraveHeart is committed to supporting adults, teens, children and families through their journeys of grief and loss by providing numerous opportunities for support. BraveHeart support groups are offered several times a year, along with special workshops and memorial services.

-ams-