

# **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

**FOR MORE INFORMATION, CONTACT**

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## **SEMINAR OFFERS SUPPORT IN COPING WITH GRIEF**

SEDALIA - While death is a part of life, grieving the loss of a loved one can be difficult. People who have experienced a loss can better understand their grief and find the support they need to cope with the death through a 10-week Grief Support Group and Seminar.

Bothwell Regional Health Center sponsors the program, which will meet at 6 p.m. Mondays beginning Nov. 4, in the Bothwell Education Center, East 14<sup>th</sup> Street and South Ingram Avenue.

The support group is formatted as a workshop facilitated by Bothwell Chaplain Tony Chapman.

Each week participants will learn about a different topic and have the opportunity to support one another. Participants who attend the seminar will learn about the grieving process, how to handle significant anniversaries and build support systems, in addition to other topics. The structure gives people the ability to learn about their grief and how to cope without the pressure of having to share their own personal experiences, unless they feel compelled to do so. While participants would benefit most from attending all 10 sessions, anyone is welcome to join the group throughout the seminar.

Call 660-829-8855 for more information or to register for the Grief Support Group and Seminar.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopaedic, endovascular/cardiac, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit [www.brhc.org](http://www.brhc.org).