

# NEWS RELEASE

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## SEMINAR OFFERS SUPPORT IN COPING WITH GRIEF

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 6:30 p.m. Tuesdays beginning March 5, in the Bothwell Education Center, East 14<sup>th</sup> Street and South Ingram Avenue.

The support group is being reformatted into a workshop, after being deactivated for nearly two years. Facilitator Michal Herrington, who has a Master of Arts in Education through the Counselor Education Department at Western Kentucky University, completed additional coursework in the area of death and bereavement and continues to study the subject.

“When most people feel uncomfortable with those who are grieving, I am drawn to them,” Herrington said. “I recognize the isolation of grief and long to walk beside them as they find their way through it.”

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 new 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.

“The death of a loved one can be devastating, but the process of grieving can bring healing and growth. I want to offer that hope to those who are hurting,” Herrington said.

Contact Sarah Nail at (660) 827-9138 for more information about 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 the website at [www.brhc.org](http://www.brhc.org).