

NEWS RELEASE

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GROUP OFFERS SUPPORT IN COPING WITH DEATH

People who have experienced the loss of a loved one can find the support they need to cope with the death through the support of people who also have experienced a loss.

Bothwell Regional Health Center is offering a Grief Support Group that will meet the fourth Monday of each month in the Bothwell Education Center, East 14th Street and South Ingram Avenue. In order to be more accessible, the support group will have two meeting times, from 10:30 to 11:30 a.m. and 5:30 to 6:30 p.m.

The support group was re-activated after disbanding several years ago. Facilitator Connie Tinsley, hospice bereavement coordinator, said the group started again based on the community's need for support.

"It's a combination of grief education and a self-help support group," she said.

Education is a vital part to reconciling a death. People never "get over" the loss of a loved one, Tinsley said.

"What we want is to be able to think about the person and have memories of that person without the heart-wrenching pain," she said.

No two people grieve alike, and reconciliation is a lengthy process. Participants who attend the meetings will learn about grieving and how to handle significant anniversaries. They can also share memories of their loved one. The purpose of the group is to bring people together to share and help each other grieve and heal.

"It's a safe, confidential place where you can share memories about the person you love and miss," Tinsley said.

Contact Connie Tinsley at (660) 829-2700 for more information about the Grief Support Group.

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