

NEWS RELEASE FOR IMMEDIATE RELEASE

Pleasant Hill, CA - February 1, 2011 - Hospice Offers Support

Hospice of the East Bay is pleased to offer a variety of support groups and workshops for adults, children and teens experiencing grief after the death of a loved one. They are offered at Hospice's administrative offices: 3470 Buskirk Avenue, Pleasant Hill.

Adult Support Groups/Classes:

Adults Who Have Lost a Parent:

- *Tuesdays, 7:00 – 9:00 p.m.*
February 22 – April 12, 2011

Widow and Widowers' Support:

- *(Evening) Mondays, 6:00 – 8:00 p.m.*
January 31 - March 21, 2011
(Daytime) Thursdays, 10:00 – 12:00 p.m.
January 27 – March 17, 2011

Adult Grief Classes:

Understanding Grief:

- *Tuesday Evening, 7:00 - 9:00 p.m.*
April 5, 2011

Children and Teens Support Group:

Footsteps:

- *Tuesdays, 5:15 – 6:30 p.m.*
February 8 – March 15, 2011

Groups and classes require pre-registration. For further information and/or to register, please call: (925) 887-5681.

Established in 1977, Hospice of the East Bay is a not-for-profit agency that helps people cope with life-limiting illnesses by providing medical, emotional, spiritual, and practical support for patients and families, regardless of their ability to pay. To learn more, or to make a donation of time or money, please contact (925) 887-5678, or visit www.hospiceeastbay.org.