



**SUICIDE SURVIVOR LOSS SUPPORT GROUP HELPS SURVIVORS COPE WITH THE TRAGEDY
AND THE GRIEF OF SUICIDE LOSS**

*Hospice of the Valley's Community Grief and Counseling Center provides a safe place
to break the overwhelming silence that surrounds them*

SAN JOSE, Calif. – August 26, 2011 – The Community Grief and Counseling Center sponsored by Hospice of the Valley in Northern California, a leading provider of palliative, hospice and grief care, has expanded their grief and loss counseling programs to include a suicide survivor loss support group which will meet weekly on Wednesday evenings from 6:30pm – 8:00pm for 8-weeks commencing September 14, 2011 at 4850 Union Avenue, San Jose, California. The Center has one of the most extensive grief and loss counseling programs in Northern California for adults and children, providing a wide-range of grief support to all members of the community experiencing a loss. Professionally trained therapists, marriage and family therapists trainees/interns, supervised by a licensed therapist, will facilitate the suicide loss support group and help survivors cope with the tragedy, the grief of suicide loss, and the painful process of recovery.

On average in Santa Clara County, death by suicide occurs every three days. Suicide devastates families and takes a tremendous toll on loved ones and the community. The heartbreaking pain, intense grief and overwhelming sorrow loved ones experience is complicated by feelings of anger, shock, and second-guessing. Because of the societal stigma attached to suicide, many survivors suffer alone and in silence. The overwhelming silence that surrounds them often complicates the healing that comes from being encouraged to mourn.

“Grief after a suicide is complex and the grief experience unique,” said Brad Leary, director of social services and counseling of Hospice of the Valley and the Community Grief and Counseling Center. “Suicide survivors need to share their story, express their loss, their feelings and process their grief in order to heal, just like other individuals grieving the loss of a loved one.”

“Survivors will be able to share their grief in a safe place with others who are experiencing a similar loss and are trying to find their way,” said Sally Adelus, president and chief executive officer of Hospice of the Valley. “In a support group setting, suicide survivors are allowed and encouraged to share their stories and express their feelings; it’s where the healing begins.”

The cost for the 8-work session: \$80. Pre-screening interview is required. For information and to schedule a pre-screening interview, please contact Becky Gomes at 408.559.5600, extension 5450 or email bgomes@hospicevalley.org. The Community Grief and Counseling Center, sponsored by Hospice of the Valley, offers a sliding scale fee for individual grief and loss counseling and a flat nominal fee for group counseling.

About Hospice of the Valley

Hospice of the Valley, a leading provider and educator in advancing palliative end-of-life and community grief-care, affirms dignity and hope for those facing serious illness. Hospice of the Valley's team, experts in palliative and hospice care, is comprised of physicians, nurses, social workers, chaplains, hospice aides, grief counselors, and volunteers who assist patients, their caregivers and families in their end-of-life care and goals. Founded in 1979, Hospice of the Valley is the first not-for-profit hospice and grief care organization to serve the community of Santa Clara County. Hospice of the Valley's Community Grief and Counseling Center provides individual and loss specific group grief care and is available to anyone experiencing a loss. A Children's Grief Counseling program specializes in age-appropriate counseling for children and teenagers from ages 4 through 18. The Transitions Program, a volunteer-based community service sponsored by Hospice of the Valley and funded by community grants and donations, is designed to enhance the quality of life for individuals and their families facing advanced-illness through emotional support, education, and practical assistance. Additionally, Hospice of the Valley sponsors a community resource website—seriousillness.org/santaclaracounty—for caregivers and families who are caring for someone with serious illness. Hospice of the Valley, a member of the California Hospice and Palliative Care Association and the National Hospice and Palliative Care Organization, is licensed by the State of California and is Medicare and Medi-Cal certified. Medicare, Medi-Cal and most private insurance plans cover services. Hospice of the Valley is committed to serving its diverse communities and honors all cultures, beliefs, values, and traditions, and provides equitable access to care for all patients and families—regardless of their financial ability. For information, call 408.559.5600 or visit hospicevalley.org.

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