



GETTING THROUGH THE HOLIDAYS, A FREE COMMUNITY WORKSHOP

Workshop will provide emotional support and practical ideas for getting through the holidays for bereaved individuals, families and caregivers

Presented by the Community Grief and Counseling Center of Hospice of the Valley, San Jose

SAN JOSE, Calif. – October 19, 2011 - The Community Grief and Counseling Center of Hospice of the Valley, renowned for its signature services and programs, and community grief education in Northern California presents, *Getting Through the Holidays*, a free community workshop that offers emotional support and practical ideas for getting through this first holiday season without your loved one. Adult members of bereaved families and caregivers from the community are encouraged to attend this pre-holiday workshop on Wednesday evening, November 2, 2011 from 7:00pm to 9:00pm at the Community Grief and Counseling Center located at 4850 Union Avenue, San Jose. Near Hwy 85 and Samaritan at Union Avenue. To confirm your attendance, please call 408.559.5600 x5460. For additional information, visit hospicevalley.org

“The holiday season without a loved one is particularly challenging and difficult for many,” says Sally Adelus, president and chief executive officer of Hospice of the Valley. “Our Getting Through the Holiday workshop will provide practical ideas and ways to help support those grieving through the first holiday without their loved one, while honoring their memory.”

“The idea of celebrating the holidays without a loved one can be overwhelming and daunting, too,” added Brad Leary, director of social services and counseling. “Our grief and counseling staff will offer support and helpful suggestions and tips on how to get through the holidays and minimize stress.”

The Community Grief and Counseling Center is a special place for those who are experiencing loss. Known for its extensive grief and loss counseling programs in Northern California, the Center offers a wide range of adult and children grief support groups and community education, seminars and workshops. The Center offers individual counseling and support groups, a library, a garden for reading and refection, and an expressive arts therapy room. Grief counselors are licensed and professionally trained therapists or supervised interns, and services are available to the community on a sliding scale fee.

About Hospice of the Valley

Hospice of the Valley, a leading provider and educator in advancing palliative and end-of-life care and community grief and loss counseling, affirms dignity and hope for those facing serious illness. The Community Grief and Counseling Center provides grief care for adults, teens and children and anyone experiencing a loss. The Transitions Program provides families facing

advanced-illness with emotional support, education, and practical assistance.

[Seriousillness.org/santaclaracounty](https://seriousillness.org/santaclaracounty) is a community website resource for caregivers and families. A community nonprofit serving Santa Clara County since 1979, Hospice of the Valley honors all cultures, beliefs, values, and traditions, and is committed to serving its diverse communities, provides equitable access to care for all—regardless of their financial ability. For information, call 408.559.5600 or visit hospicevalley.org.

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