



## **Hospice of the Valley Hosts Community Life: Life Transitions Workshop**

**San Jose, Calif. – February 10, 2014** – *Is your family coping with a life transition?*

Hospice of the Valley, a leading provider and educator in palliative care, hospice care, and community grief counseling in Northern California, will host their Community Life: Life Transitions Workshop on living with loss Wednesday, February 26, 2014 from 6:00 PM to 7:30 PM at Hospice of the Valley's Community Grief & Counseling Center located at 4850 Union Avenue, San Jose, Calif. 95124.

*Who should attend?* Parents/guardians and their children ages 5-13; and educators are encouraged to attend this complementary workshop. Pizza and refreshments will be served. Donations to Hospice of the Valley are gratefully accepted.

Parents and educators will learn tools to help navigate life transitions, such as *death, divorce, chronic illness, job loss, or relocation*. As well as, learn:

- The effects of loss on yourself and your children
- Tools to help provide support to children
- Tips for communicating openly after a loss
- Tips for self-care

Children will join together in art and play activities to experience new ways of expressing their feelings and thoughts in small groups facilitated by trained and licensed grief counselors.

To RSVP by February 21, visit [hospicevalley.org/lifetransitions](http://hospicevalley.org/lifetransitions) and for additional information or questions, please contact: Becky Gomes at 1.408.559.5600.

Hospice of the Valley's Community Grief & Counseling Center offers a variety of grief counseling services including individual and group support to anyone who has experienced loss. To learn more, visit [hospicevalley.org](http://hospicevalley.org).

### **About Hospice of the Valley**

Hospice of the Valley is a nonprofit organization in Silicon Valley that provides serious illness and end-of-life care programs and services, including palliative and hospice care, grief counseling for adults, children and families, and emotional support, education and practical assistance. Established in July 2013, the Palliative Care Center Silicon Valley, the first independent, community-based, licensed outpatient center of its kind in California for seriously ill patients and their families, is a division of Hospice of the Valley. Hospice of the Valley also provides a community resource website for caregivers and families at [seriousillness.org/santaclaracounty](http://seriousillness.org/santaclaracounty). Serving Santa Clara County since 1979, Hospice of the Valley honors all cultures, beliefs, values and traditions and is

committed to serving its diverse community and providing equitable access to care for all regardless of financial ability. For more information, call 408.559.5600 or visit [hospicevalley.org](http://hospicevalley.org).

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