

Press Release

For Immediate Release
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Understanding Your Grief: A workshop for the newly bereaved

Loosing a loved one is difficult and facing the grief may be the hardest task a person faces in their life. At Hospice of San Joaquin we understand how the pain of a loss can be crippling, overwhelming and confusing. Hospice of San Joaquin invites community members, who have experienced the loss of a loved one for the first time, to understand the journey of grief. This workshop is designed to help the participants determine when professional help is needed and it empowers the attendees with methods to identify tools that are key to the healing process.

The *Understanding Your Grief* workshop is free and it will be held on Thursday March 26, 2009, from 3:00 to 4:30 p.m. at Hospice of San Joaquin's Large Conference Room located at 3888 Pacific Avenue inside the administration building. Pre-registration with Carrie Vanderkar, Bereavement Coordinator at (209) 957-3888 is required.
