

New Grief Support Group Begins in January

A new support group entitled *When Life Changes* will be offered by Home Hospice beginning Monday, January 9 and continuing on the following Mondays in January. This group is specifically set up for those persons who are struggling with grief from the loss of a loved one. The group will meet from 12:00 until 1:30 p.m. at the Home Hospice office at 505 W. Center Street in Sherman. The group will also meet in Cooke County on January 9 from 2:00-3:30 p.m. Ask about the location of the Cooke County support group when you call to register. Home Hospice Bereavement Coordinator, Jolene Senek, LBSW, says she will start this new group in January “because there is a need for those who grieve to be able to have a safe place to talk about their grief or to listen to others who are experiencing grief. A group setting enables other in attendance to learn from others who are experiencing grief and to realize that he or she is not alone in the grief journey.” Sherry Little, Executive Director of Home Hospice, says, “As we enter a new year, we often think about new beginnings. If you have experienced a loss, whether it is recent or in the distant past, it is a good time to begin your own healing journey through grief.”

There is no fee to attend the support group, but reservations are required so adequate materials may be provided. If you have questions about the group or would like to register, please call Jolene Senek at 903-868-9315, 940-665-9891 or email her at jolene.senek@homehospice.org.

Home Hospice is a non-profit organization, founded in 1982, dedicated to providing education, programs, services and quality care to ease physical, emotional and spiritual symptoms at end-of-life for patients, families, and caregivers regardless of ability to pay, as well as all in our communities who grieve. For more information about Home Hospice please see our website www.homehospice.org.