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For Immediate Release

### **Hospice Austin Helps Families Deal with Grief**

When a parent, sibling, or close relative dies, it can set a family adrift. Grieving the death of a loved one is hard enough for adults—for children and teenagers, it can be particularly confusing as they try to process feelings of loss, anger, and guilt. Compounding the problem is that children of varying ages tend to process their grief differently. How can adult caregivers help their children and themselves at the same time?

Hospice Austin is offering Families in Grief, a 6-week bereavement counseling program, to assist grieving families with children ages 6-18. The program is open to anyone in the community. The session will start Tuesday, April 7 and meet weekly from 6 - 7:30 p.m. through May 19. The meetings will be held at Hyde Park Christian Church, 610 E. 45th Street (between Duval and Red River) in Austin.

The kids will be grouped with others near their age who have experienced similar losses; they will be encouraged to express their feelings through discussion, art, storytelling, and play. Their caregivers will meet separately to learn how to nurture themselves and their children through the grief process.

There is no charge for Families in Grief. Enrollment is limited, and regular attendance by the entire family is requested. A pizza dinner will be served each evening at no charge. Childcare for children under age six is also provided.

For more information, please contact Hospice Austin's Bereavement department at 512/342-4700 or 1/800/445-3261.

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