



For Immediate Release

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Hospice of Santa Barbara Helps Families Cope With Parent Loss

Parenting After Loss (PAL) Support Groups, in English and Spanish, to begin in September

September 14, 2011, Santa Barbara, CA---The loss of a parent or guardian can be a particularly difficult experience for families with young children.

Hospice of Santa Barbara is offering free support groups, in both English and Spanish, for families who have lost a parent or guardian. Eligible participants include parents/guardians and children.

Each evening will start with a family style dinner and then participants will break out into separate groups: one for parents and guardians in both English and Spanish and up to three children's groups by age (3-17 years).

Educational topics include: grief and grieving, how children grieve, importance of family time, difficult feelings, challenges with children, saying good-bye and moving forward. The support group provides an opportunity for participants to connect with others who are facing, or have faced, similar situations. Co-facilitators, licensed professional counselors and peer counselors, strive to make each group a safe, supportive and healing place.

Dates: Every Wednesday, September 28th through November 16th (eight weeks)

Time: 5:30 –7 p.m.

Location: Hospice of Santa Barbara, 2050 Alameda Padre Serra, Suite 100, Santa Barbara 93103

Cost: FREE

For more information or to register, please call Hospice of Santa Barbara at (805) 563-8820 or visit www.hospiceofsantabarbara.org.

All services at Hospice of Santa Barbara are free of charge. The organization receives no government or insurance reimbursements. For 37 years, Hospice of Santa Barbara has been committed to providing care that is not limited by anyone's age or ability to pay. It is able to do this because people in the community support Hospice of Santa Barbara with donations, grants and bequests.

If you or anyone you know is facing a life-threatening illness or grieving the loss of a loved one, or if you would like to know more about how to support the work at Hospice of Santa Barbara, call 563-8820 or visit www.hospiceofsb.org.

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