

Raleigh, NC – Hospice of Wake County's Horizons Family Grief Center invites you to an Evening of Remembrance on Monday, November 17, 2008 at The Woman's Club of Raleigh (3300 Woman's Club Drive). This community memorial service includes a reception at 5:30 p.m., a memorial service officiated by a Hospice of Wake County spiritual care provider at 6:00 p.m., and time after the service to meet individually or in small groups to discuss upcoming holidays. Open to anyone, whether or not a loved one has been served by Hospice of Wake County. Register at program@hospiceofwake.org or call 919-828-0890.

Related Links:

[Horizons Family Grief Center](#)
[Hospice of Wake County](#)

Facts...

- The holidays can be particularly difficult. This is a time when many families gather, emphasizing that there is someone missing. After experiencing the death of a loved one, we are faced with many confusing and often difficult issues regarding the grieving process.
- During the grieving process, a person finds himself or herself experiencing many different emotions and difficult days adjusting to life without a loved one. One of the best ways to address these grief issues is to talk about them, either on a one-to-one basis or through participating in a support workshop.
- Benefits or results of a grief shop around the holidays include: having the name of the loved one said out loud; a time in our busyness or non-busyness that we can again make the memory very special; and recognizing our spirituality around the meanings that are formed in our attempts to make sense of their and our mortality.

Quotes:

"Each person's grief journey is his or her own. There's no fixed schedule. We make our services available to you when it's appropriate, even if it's two or three years later." Dean Leake, Bereavement Counselor.

About Horizons Family Grief Center:

Horizons Family Grief Center is committed to providing compassionate care and support to adults and children who are preparing for, or grieving, the loss of a family member or close friend. Our support groups, educational programs, and short term counseling services are available to any member of the community as well as to families served by our hospice care teams.

One of the best ways to address grief issues is to talk about them with others who are also coping with the death of a loved one. Our Family Grief Center offers both daytime and evening support groups throughout the year. When possible, these groups are segmented by gender, age or loss categories such as that of a parent, child, spouse, or sudden traumatic loss.

About Hospice of Wake County:

Your community hospice since 1979, Hospice of Wake County provides physical, emotional and spiritual care to those living with an advanced illness, their caregivers, and those who have lost a loved one regardless of age, race, religion, or financial circumstances. Our service area includes Johnston, Franklin, Chatham, Durham, Granville and Harnett counties as well as Wake County. Guided by community-based boards of directors and supported by a dedicated professional staff, our goal is to provide compassionate hospice care that allows patients to enjoy every moment of their lives to the fullest. For more information on Hospice of Wake County you may call 919-828-0890 or visit www.hospiceofwake.org.

Website: <http://www.hospiceofwake.org/index.html>

Hospice of Wake County

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