



**For Immediate Release**

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## **Hospice of Michigan Offers Men and Grief Support**

**Traverse City, Michigan, December 24, 2014** – In 2015, Hospice of Michigan is offering an ongoing support group for men dealing with issues of grief.

The Men and Grief group meets twice a month and focuses on the unique issues faced by men who have lost a loved one. Men share insights, receive information about what to expect when grieving, and learn specific strategies and coping skills for more effectively managing grief. Each session is led by Jack O'Malley, HOM volunteer and radio show host.

Discussions are held on the first and third Monday of each month at 6 p.m. at Hospice of Michigan, 10850 E. Traverse Highway. The meetings are free, however advance registration is required.

“Oftentimes, men may be more unprepared than women to deal with the loss of a loved one,” explained O'Malley. “There is a general cultural expectation that men don't cry and must not show their emotions when dealing with grief. Falling into a depression or experiencing emotions such as unexpected anger may impact men's ability to move through grief.

“If they have lost a spouse, men may feel confused or guilty about romantic feelings for a future partner. They may have to perform aspects of household upkeep that were once managed primarily by a spouse, for example cooking meals or purchasing birthday gifts for family members. Sharing these concerns with others may provide support and practical solutions to ease a period of mourning.

“We must remember that each person is unique in their grief and whatever form grief takes it must be a healthy approach. There are many positive ways men can successfully move through the process of grief.”

For more information or to register for the Men and Grief support group, please contact Kathryn Holl at 231.929.1557.

### **About Hospice of Michigan**

A nationally recognized leader in end-of-life care, Hospice of Michigan is the original – and largest – hospice in the state. The non-profit cares for more than 1,700 patients each day, raising more than \$4 million each year to cover the cost of care for the uninsured and underinsured. HOM offers a broad range of services to enhance the quality of life at the end of life, including At Home Support™, our advanced illness management program, community-based palliative care and pediatric care programs. HOM provides grief support and counseling, caregiver education and support, and education programs for physicians and healthcare professionals through its

research, training and education arm, the Hospice of Michigan Institute. For more information, call 888.247.5701 or visit [www.hom.org](http://www.hom.org).

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