



For Immediate Release

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Hospice of Michigan Offers Men and Grief Support Group

Saginaw, Michigan, July 20, 2015 – Hospice of Michigan will hold a support group meeting in Saginaw on Saturday, Sept. 19 for men dealing with issues of grief.

The Men and Grief group will meet at 9 a.m. at Hospice of Michigan, 3995 Fashion Square Blvd. The sessions, which will be focused on the unique issues faced by men who have lost a loved one, will allow men to share insights, receive information about what to expect when grieving, and learn specific strategies and coping skills for more effectively managing grief.

Bill Evans, a spiritual care advisor for Hospice of Michigan, will lead the session. Depending on the level of interest, the group will continue to meet on a regular basis. The meetings are free, however advance registration is required.

“Men may be more unprepared than women to deal with the loss of a loved one,” Evans said. “Beside the general cultural expectation that men don’t cry and that they 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 their loss.

“For men who have lost a spouse, they may feel confused or guilty about romantic feelings for another person. They may have to perform aspects of household upkeep – such as cooking meals or purchasing birthday gifts for family members – that were once managed primarily by a spouse. Sharing these concerns with others provides support to ease a period of mourning. We will also discuss practical solutions to address the day-to-day issues men face.”

The Sept. 19 discussion will feature a presentation by Ron Gries, author of “Through Death to Life.” The book is a collection of poetry and prose he wrote during his wife’s five-year battle with cancer, which eventually took her life. During his presentation, Gries will reflect on his experience and discuss dying, living, grief, healing and hope.

For more information or to register for the Men and Grief support group, please contact Evans at 989.790.4179 or gevans@hom.org.

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.