



For Immediate Release

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Hospice of Michigan to Host Mother's Day and Father's Day Grief Programs

Detroit, March 31, 2016 – Hospice of Michigan will present a variety of grief events to help those who recently lost a parent cope, especially as we head into Mother's Day and Father's Day.

"The loss of a parent can be the single most devastating event we experience," said Karen Monts, practice manager of counseling services at HOM. "Often, when a parent dies, people grieve their past and can be flooded by painful memories and feelings of nostalgia. Engaging in traditions and rituals passed down from your parents can trigger emotions and serve as a reminder of the loss."

HOM's Father's Day and Mother's Day programs teach that while these holidays may be challenging, there are techniques to help handle grief and find comfort, such as:

- Using the day to share stories of your father or mother with other members of the family, especially younger generations who might not have known them.
- Finding ways to celebrate the life of your parents, such as planting a tree, putting something that reminds you of them in a special place or cooking their favorite foods.
- Carrying on traditions that your family enjoyed on Mother's Day or Father's Day.
- Going to a location that holds special memories of your mom or dad.
- Remembering that, although mourning the death of a parent isn't a new concept, this grief and experience is new and unique to you.

Event information is as follows:

- Remembering our Mothers and Fathers: From 6 p.m. to 7:30 p.m. on Tuesday, May 3 in Detroit at James H. Cole Funeral Home, 2624 W. Grand Blvd. To register contact Karen Monts at 313.578.6326.
- Loss of a Parent: From 6 p.m. to 7:30 p.m. Tuesday, May 3 in Clinton Township at the HOM Macomb office, 39531 Garfield Road. To register contact Nancy Hennings at 586.263.8514.
- Remembering our Mothers: From 1 p.m. to 2:30 p.m. Friday, May 6 at the HOM Bloomfield Hills office, 43097 Woodward Ave. Suite 102. To register contact Claudia Been at 248.334.1323.

Hospice of Michigan's grief support groups provide a safe and supportive environment for participants to express their feelings and better understand the grief process. These services are offered at no charge, although registration is required.

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 nonprofit cares for nearly 1,800 patients each day, raising more than \$5 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 community-based palliative care and pediatric care programs. HOM provides grief support and counseling, caregiver education and support, and education programs for physicians and health care professionals through its research, training and education arm, the Hospice of Michigan Institute. In January 2016, HOM joined forces with Arbor Hospice and Palliative Care, strengthening the mission of nonprofit hospice in Michigan to ensure patients and their caregivers receive the highest quality of care. For more information, call 888.247.5701 or visit www.hom.org.

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