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Healing with improv, coping with loss though comedy

Join Hospice of Michigan for this free grief support group

TRAVERSE CITY, Mich. (June 7, 2017) – Join Hospice of Michigan for a Comedy Improv Grief Workshop happening on Thursday, June 15 from 6:30 to 8 p.m. at Michael's Place, 1212 Veterans Drive in Traverse City.

Life without a loved one can be overwhelming, even long after that person has passed. To help individuals coping with grief, Hospice of Michigan offers a supportive, caring and laughter-filled event to work through the loss.

This workshop is designed to provide a fun and healing experience to those in grief by demonstrating that even in the darkest of times, there is a light forward to joy and hope. Leading the workshop will be Bart Sumner, founder of Healing Improv, a group that brings the therapeutic power of group improv games to share laughter with all those who need it. After the passing of Sumner's 10-year-old son, he used his 20 years of experience in improvisational theatre to get himself through the unimaginable.

"When you have lost someone you love, it can feel as if you will never smile again," said Kathryn Holl, grief support services manager of Hospice of Michigan. "But with this improv group we fight that feeling head on. It reminds people that it is ok to smile and see joy in the world, even after a loved one has passed on. We care not just for our patients, but their family and friends."

Support groups and events are open to everyone, regardless of whether their loved one received services from Hospice of Michigan. All grief support programs are free of charge, but donations are welcome to help support the nonprofit's programming. Light refreshments will be served. This event is open to all adults in the community but you must register for the event by calling Kathryn Holl at 231.929.1557 or Michael's Place 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 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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