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NEWS RELEASE

The Hospice of Moorestown VNA Offers Free Grief Support Groups

March 24, 2010

(MOORESTOWN, NJ) Spring is a time for renewal and rebirth, but for some, the changing season can bring feelings of sadness and loss due to the death of a loved one.

The Hospice of Moorestown VNA, a program of Moorestown Visiting Nurse Association, provides bereavement support groups to grieving residents of Burlington, Camden, and Gloucester counties. The groups are available free to the public and are open to anyone seeking support and understanding following the loss of a loved one.

Grief is a natural response to loss and can bring many challenges. Meeting and connecting with others who share the feelings that come with the loss of a loved one can bring healing and growth. The Hospice of Moorestown VNA is dedicated to helping those in the community who have experienced loss. (See attached fact sheet.)

Founded in 1904, Moorestown Visiting Nurse Association is a non-profit organization that provides homecare, hospice, private duty, counseling and community wellness services to families in Burlington, Camden and Gloucester counties. To learn more call (856) 552-1300, visit www.moorestownvna.org, or e-mail services@moorestownvna.org.



FACT SHEET

Free Grief Support Programs Through September 2010

All groups are led by professionals and provide the opportunity to share stories and feelings in a comfortable and supportive atmosphere. All grief support groups are free.

Expressions for Children (For ages 7 -13)

A special group for children and adolescents that centers on dealing with grief through creative art activities.

Dates: Wednesdays, 6 – 7:30 p.m., 3/24, 4/24, 4/28, 5/5, 6/16, 7/14, 9/22

Place: Moorestown Visiting Nurse Association, 300 Harper Drive, Moorestown

Camp Firefly 2010 (For ages 7-14)

For children who have lost a parent, sibling or other special person through death, Camp Firefly provides a special place to share feelings, to make new friends, and to find relief from grief. Open to children from Burlington, Camden and Gloucester counties. Applications may be submitted through July 2010. There is no charge to attend.

Dates: 3-day, 2-night camp, August 27-29

Place: Camp Matollionequay, Medford, NJ

Teen Grief Support Workshop (For ages 14-17)

A support group for teens that promotes healthy and creative ways of coping with grief and loss in a supportive and caring setting.

Dates: Wednesdays, 6 – 8:00 p.m., 4/7, 7/28, 9/29, or Thursdays, 6-8:00 p.m., 5/6, 6/17

Place: Moorestown Visiting Nurse Association, 300 Harper Drive, Moorestown

Young Adult Grief Support (For ages 18-26)

This group explores grieving styles and healthy strategies for coping with loss.

Dates: Saturdays 10:30 a.m.-12 noon, 4/10, 5/1, 6/5, 7/10, 9/18 or

Thursday evenings 7/8, 7/22, 8/12, 9/9, 9/23

Place: Moorestown Visiting Nurse Association, 300 Harper Drive, Moorestown

When Mourning Dawns (For adults)

An ongoing group specifically for those who have lost a spouse or partner.

Dates: Saturdays, 2-4:00 p.m., 4/10, 5/1, 6/5, 7/10, 9/18, and/or
Thursdays, 2-4:00 p.m. 3/25, 4/15, 4/29, 5/6, 5/20,
6/10, 6/24, 7/8, 7/22, 8/12, 9/9, 9/23

Place: Moorestown Visiting Nurse Association, 300 Harper Drive, Moorestown

Growing Through Grief (For adults)

A grief support group for adults who have lost a family member or friend.

Dates: Tuesdays, 6-8:00 p.m., 3/23, 4/6, 4/20, 5/4, 5/18, 6/8, 6/22, 7/13, 8/17, 9/14
Place: Moorestown Visiting Nurse Association, 300 Harper Drive, Moorestown

Monthly Grief Support (For adults)

A monthly grief support group for adults who have lost a family member or friend.

Dates: 2nd Thursday of each month 1-2:30 p.m.
Place: Moorestown Visiting Nurse Association, 300 Harper Drive, Moorestown

Take Time (For adults)

This group provides information, support and healing for the spouses of those suffering through declining health or serious illness.

Dates: First Thursday of each month, 11:00 a.m.
Place: The Braddock Room at Cadbury Assisted Living, Route 38, Cherry Hill

Changes & Challenges (For adults)

A bereavement support group that provides help and healing for the hurt of losing a loved one, suffering through illness, or any type of loss or change in lifestyle.

Dates: 2nd Friday of each month, 11:00 a.m.
Place: The Braddock Room at Cadbury Assisted Living, Route 38, Cherry Hill

Community Service of Remembrance (For all ages)

Remembering those we have lost serves to honor them and keep their spirit alive. The Hospice of Moorestown VNA offers memorial services open to anyone in the community touched by loss. Together we will celebrate the lives of our loved ones.

Date: Saturday, May 15, 2010 at 10:00 am
Place: Camden County Boathouse at Cooper River Park, Pennsauken
Contact: The Hospice of Moorestown VNA (856) 552-1300 x-2507

All are welcome to share in this springtime service which will be held in the Camden County Boathouse overlooking Cooper River. There is no cost to attend.

Support services are offered in loving memory of all those who have been lost. To register for any of the programs listed above, please call The Hospice of Moorestown VNA Bereavement Support Coordinator at (856) 552-1300, ext. 2507. Individual counseling and referrals are also available upon request. Moorestown Visiting Nurse Association is located at 300 Harper Drive, Moorestown, NJ 08057.