
For Immediate Release

Healing Hearts Offers December Workshop for Coping with Holidays and Grief

(Danbury, Conn.) -- The holidays are supposed to be merry and bright, but for grieving adults, this can be a time of intensified sadness and anxiety.

The Healing Hearts Center for Grief & Loss, a program of Regional Hospice and Home Care, invites you to join other adults who understand the challenges of coping with the holiday season at a workshop to be held on Tuesday, December 9, from 6 to 7:30 p.m. at the Healing Hearts Center, located at 73 Stadley Rough Road in Danbury. The workshop is free and open to the public.

For more information and to register, please contact Healing Hearts at (203) 792-4422 or email healingheartinfo@regionalhospicect.org.

The Healing Hearts Center for Grief and Loss, located at 73 Stadley Rough Road in Danbury, has received national recognition for its unique bereavement programs and services to the community, including numerous support groups, workshops and programs provided to the public throughout the year.

It is a program of Regional Hospice and Home Care, a nonprofit home hospice and palliative care agency based in Danbury, Conn., that is currently building the state's first and only private-room, family centered hospice center -- the Regional Hospice Center for Comfort Care & Healing -- with plans to accept patients in January 2015. For more than 30 years, Regional Hospice's certified caregivers have offered real hope to those facing advanced illness and their families through medical, emotional, spiritual and comfort care. For more information, visit www.RegionalHospiceCT.org. Follow us on twitter: @real_hope. Like us on Facebook: www.facebook.com/RegionalHospice and www.facebook.com/HealingHearts.RHHC.

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