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• **Solari Hospice Care**
• **NEWS RELEASE**
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Coping With Holiday Grief
Solari Hospice Care's Grief Support Groups Offer Solace to Survivors

Las Vegas, Nev. – Nov. 10, 2011 – The winter holidays are often dubbed “the most wonderful time of the year.” However, for people facing the recent death of a loved one, the holidays may instead be a time filled with pain and sadness. Even if a loved one passed away many years ago, the holidays may trigger powerful memories of that loss – not only of the person, but of traditions and celebrations as well.

Bereavement professionals at Solari Hospice Care understand how difficult it is to cope with loss, particularly during this special season. To help individuals find healthy ways to heal and cope, Solari Hospice Care wants to remind the community that they offer two *free* ongoing weekly Grief Support Groups on Tuesdays, from 5 to 7 p.m., and on Fridays, from 10 a.m. to noon. Both groups meet in the Solari Hospice Care Administrative Building, located at 5550 S. Jones Blvd. All members of the public are invited to attend.

“We don’t tell people how or what to feel, because each person’s situation is unique,” says Candis Armour, R.N., executive director, Solari Hospice Care. “However, we can offer words of comfort and guidance to help people work through the pain. Often, people find that it helps simply to release emotions and not keep them bottled up inside. Just sharing a story or quietly listening to someone else’s experience can give people a sense of connection, camaraderie or closure.”

To register for one of the Grief Support Groups or for more information, please call Kris Kopoew, bereavement counselor, Solari Hospice Care, at 702-870-0000.

Solari Hospice Care is devoted to helping people live with dignity and comfort by providing trusted and professional hospice care in the Las Vegas community. Focused on enhancing the quality of life for patients and their loved ones, Solari’s exemplary team of physicians, pharmacists, registered nurses, certified nursing aides, social workers, administrative staff and counselors are specially trained to offer the most compassionate and comforting care designed for each patient’s unique needs. To learn more about Solari Hospice Care, please visit www.solarihospice.com, e-mail info@solarihospice.net or follow @SolariHospice on Twitter or Facebook.

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