

PRESS RELEASE

CONTACT INFORMATION:

Helping Our Women
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TODAYS DATE:

April 21, 2021

RELEASE DATE:

Immediately

Free Grief Group for Women

Grief Group for Women—sponsored by Helping Our Women (HOW) begins on Thursday, May 20th and will meet in person in Eastham for an hour and a half, from 10:00 AM to 11:30 AM. Lucy Karlsen, a psychotherapist and trained grief facilitator will lead this group at no-cost over the course of 5-weeks.

This in person grief group is for women who have experienced the loss of a loved one at any time in their life. Even though people may receive support from friends and family, the main reason people join a bereavement group is to be with others who have also experienced a loss.

The objectives of this Grief Group are to:

- Share your thoughts and feelings about your loss
- Experience support from the facilitator and other group members
- Learn to co-exist with love and sadness

“Although grief can feel very isolating, we are committed to our vision of providing grief support to women on Cape Cod”, states Gwynne Guzzeeu, Executive Director of Helping Our Women, “being able to talk about your feelings with others who have had a similar loss can help you connect and recognize you are not alone.”

For more information or to sign up for the contact HOW at 508-487-4357. There will be a confidential, in-take call with each person who registers. The last day to register is Tuesday, May 18th.

For over 25 years, Helping Our Women (HOW) has built a strong system of supportive services to meet the needs and empower women with chronic, life threatening or disabling medical conditions living in Provincetown, Truro, Wellfleet and Eastham. HOW also provides advocacy, referrals and resources to all community members. To learn more about HOW visit www.helpingourwomen.org.

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