



HOUSTON HOSPICE
Life Matters

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Houston Hospice Offers Hope for the Holidays with Free Bereavement Counseling

Fall, with its lengthening nights and ubiquitous holiday displays, can be a particularly painful time for individuals who have experienced the death of a loved one. Grief is never more acutely felt than when planning family gatherings — knowing there will be an empty place at the table. As part of its outreach to the community, nonprofit Houston Hospice is offering free holiday bereavement support.

An Empty Place at the Table

The Houston Hospice bereavement counselors developed support seminars, entitled “An Empty Place at the Table,” to help individuals who are experiencing increased holiday grief. Participants learn coping skills to help them through this stressful season. The two-hour seminars offer suggestions on handling family traditions, allow participants to share their feelings and fears, and give them an opportunity to connect with others who are experiencing the holidays as they are. Because space is limited, these holiday bereavement sessions are reserved for those who have lost a loved one to death this year.

Houston Session: Monday, November 17, 6:30-8:30 p.m. at the Margaret Cullen Marshall Hospice Care Center first floor family room. (1905 Holcombe Blvd., Houston). Call 713-677-7127 to register. A Tuesday offering has already filled.

El Campo Session: Thursday, November 13, 6-8 p.m. at the El Campo Houston Hospice office (1102 North Mechanic Street, El Campo). Please call 979-578-0314 to register.

Year-round bereavement groups are also available at no charge. Visit www.houstonhospice.org or call 713-677-7127 for group schedules.

Founded in 1980, Houston Hospice has evolved from an alternative, grass roots concept to a leader in hospice care for people of all ages and walks of life. Houston's oldest, largest, independent hospice is a nonprofit organization that is community-based and community-supported. Thanks to the support of corporate and private sponsors, Houston Hospice serves Texans from all socio-economic groups irrespective of a person's ethnicity or beliefs. Hospice care is provided in-home and in residential facilities throughout Austin, Brazoria, Colorado, Fort Bend Harris, Jackson, Matagorda, Montgomery, Waller and Wharton Counties. In-patient and respite care is provided through the Margaret Cullen Marshall Hospice Care Center located in the Texas Medical Center.