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**FOR IMMEDIATE RELEASE**

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### **NMMC TO OFFER BRIDGING THE GRIEF GAP SUPPORT GROUP**

TUPELO, Miss.—North Mississippi Medical Center Hospice is offering a Bridging the Grief Gap support group, an educational series Thursdays, Oct. 7-Nov. 11, for anyone experiencing grief after the loss of a loved one.

Sessions are scheduled from 6-7:30 p.m. six consecutive Thursdays at the NMMC Home Health Agency's Tupelo Branch Office, located at 424 E. President St.

"Grief is a normal response to any loss and affects the grieving person physically, emotionally and spiritually," said Jamie Grissom, NMMC Hospice bereavement coordinator. "This grief support group will provide a safe environment for people to discuss their loss and grief reactions."

Various speakers will discuss these topics during the six-week series:

- "The General Task of Grief"
- "Living with Loss"
- "Physical Signs of Grief"
- "Emotional and Psychological Effects of Grief"
- "Spiritual Concerns during Bereavement"
- "Holidays and Special Occasions"

The series also allows participants to interact with others who are experiencing similar feelings of loss. "After a death, friends and family members generally are supportive of the grieving person for the first couple of months, but then they think it is time for that person to move on," Grissom said. "The grieving process lasts much longer, and this support group helps participants understand that their responses to death are natural and normal."

For more information, call Grissom at (662) 377-3612 or 1-800-THE DESK (1-800-843-3375).