



Willamette
Valley Hospice

For Immediate Release

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Coping with the Holidays after the Death of a Love One

Dr. Tamina Toray and Willamette Valley Hospice Bereavement Services Offer Practical Strategies for Children and Families

Salem, OR (September 17, 2009) ***For those grieving the death of a loved one, the holiday season can be one of the most difficult times of the year.*** Please join us for a special workshop designed for families and children (5-17 yr) to gain practical ideas and coping strategies while grieving the loss of a loved one during the holiday season. Children will participate in age-appropriate activities while adults attend a presentation given by Professor Tamina Toray, Psychology Division of Western Oregon University. **The workshop will be held on November 14, 2009 from 9-Noon at Willamette Valley Hospice, 1015 3rd St. NW Salem, OR. The workshop is free of charge; donations will be gratefully accepted to offset cost of craft items.** To register, please call Lori Ensign, Bereavement Services at 503.588.3600 or toll free at 800.555.2431.

“It takes courage to grieve and honor our grief process – particularly during the holiday season when our sadness is intensified and the world is celebrating around us,” says Lori Ensign, Bereavement Counselor at Willamette Valley Hospice.

Workshop discussions will offer ideas for planning ahead, dealing with losses during the holidays, accepting feelings, and starting new traditions. Additional opportunities to create a memory candle, memory button (please bring a picture of your loved one, 2” or less in diameter) or memory wreath to remember your loved one during the holiday season will be available.

Willamette Valley Hospice is the only independent, non-profit hospice organization dedicated to high quality hospice care for residents of Marion and Polk counties. Willamette Valley Hospice has been serving our communities since 1978 – over 30 years. Willamette Valley Hospice offers community bereavement services as well as educational forums, volunteer opportunities and speaker’s bureau presentations. For more information on this workshop or other events please visit Willamette Valley Hospice website at www.wvh.org.