

CONTRIBUTED

## SUPPORT GROUP HELPS THOSE STRUGGLING TO COPE WITH DEATH OF A LOVED ONE

### ACCLAIM HEALTH PROGRAM HAS TWO MEETINGS A MONTH

People who are struggling to cope with the death of a loved one now have a new resource in Milton.

A free, drop-in support group is being offered by Acclaim Health beginning Monday, Sept. 24. The caring and understanding atmosphere of the group, which meets the second and fourth Monday of each month, is ideal for those who are having a difficult time working through their grief after losing someone close to them.

For many people, grief can become overwhelming.

"I was crying three, four, five times a day. I couldn't unlock my front door. I wasn't eating ... I knew I was going into a deep, dark hole and I needed help," says Pamela, a client.

Now, with the help of Acclaim Health's Bereavement Support services, she's turned a corner.

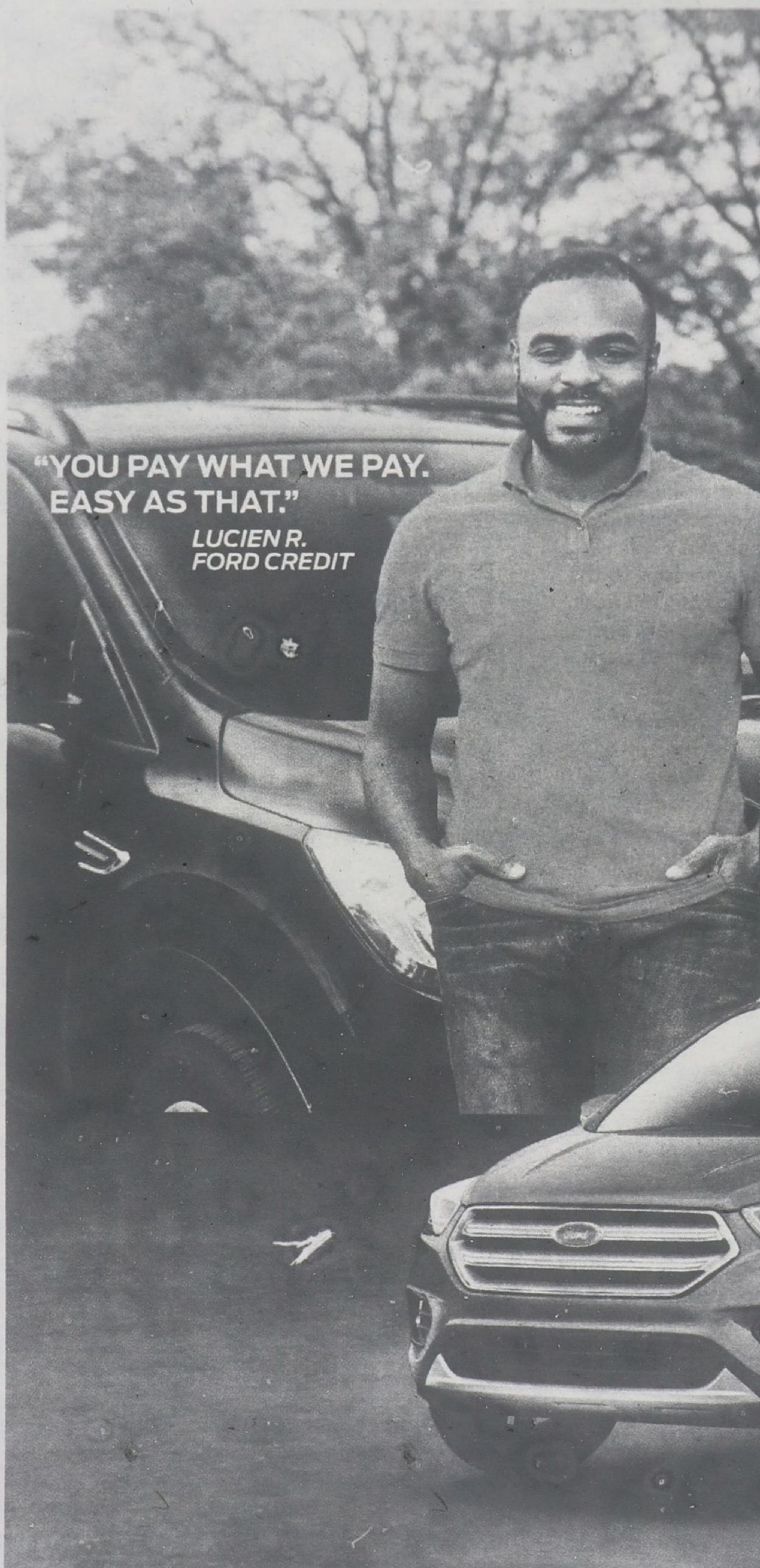
"I'm doing well now - better than I ever imagined ... I'm not afraid to talk about Wayne. Instead of being sad, I'm very happy that I had the opportunity to spend that time with him."

"Grief is hard work and can be very isolating," says Patricia Blakeley, director of Community Support Services. "A support group gives people the chance to meet others, share ideas and feel supported by those who know exactly what you're going through."

To register, contact Nina Page, bereavement co-ordinator, at 905-827-8800, ext. 2316, or npage@acclaimhealth.ca. The group meets 6:30 to 8 p.m. at the Prime Care Family Health Team office at 470 Bronte St.

Acclaim Health, accredited with the Imagine Canada Standards program, is a registered charity providing home health care, dementia care, caregiver support, volunteer visiting services, hospice and bereavement support, companionship and palliative care education in Halton for more than 85 years.

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