



*Media Contact:* Karla Goolsby  
*Telephone:* 713-677-7118  
*Email:* [kgoolsby@houstonhospice.org](mailto:kgoolsby@houstonhospice.org)  
*Website:* [www.houstonhospice.org](http://www.houstonhospice.org)

FOR IMMEDIATE RELEASE  
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### Houston Hospice Offers Hope for the Holidays with Free Bereavement Counseling

Fall, with its premature holiday displays and lengthening nights, can be a particularly painful time for individuals who have experienced the death of a loved one. According to Houston Hospice Director of Bereavement Services, Martha A. Nelson, LCSW, “Grief can be most acute when planning family gatherings — knowing there will be an empty place at the table.” After recognizing the need for holiday support, Houston Hospice added a new bereavement program as part of its nonprofit community outreach.

The Houston Hospice bereavement counselors have 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.

#### **An Empty Place at the Table**

November 7, 2016 from 6:30-8:30 p.m.

November 8, 2016 from 1-3 p.m.

These sessions are held in the First Floor Family Room of the Houston Hospice Patient Care Center located at 1905 Holcombe Blvd., Houston, Texas 77030. To register, call 713-677-7127.

Additionally, Houston Hospice offers several year-round bereavement groups in Houston and surrounding counties at no charge. Visit [www.houstonhospice.org](http://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.

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#### ATTACHED PHOTOS:

- 1) The Houston Hospice Bereavement Team L-R: Tammy Zwahr, LPC; Martha A. Nelson, LCSW; and Brenda Overton.
- 2) Houston Hospice Patient Care Center Entrance