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## **NEWS RELEASE**

*For Immediate Release*

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### **Van Diest Medical Center to Offer Grief Support Group**

WEBSTER CITY, IA | Losing a loved one brings a series of complex emotions. Having the support of others can be an effective way to deal with loss and work through pain and other aspects of grief.

Van Diest Medical Center is starting a grief support group with the first meeting to be held Thursday, October 12, 2017 at 7:00 p.m. Groups will meet monthly on the second Thursday of each month in the Meditation Room at the hospital. Meetings are free and open to individuals of all ages.

“Grief is a natural and healthy reaction to loss; however, when it comes to the grieving process, we’re all different. The relationships we establish throughout our lifetimes with family, friends, pets and loved ones make up who we are on the inside and when one of those pieces goes missing, it becomes a struggle,” said Pastor Jeff Flagg with Asbury Methodist Church, one of the facilitators for the grief support group. “It’s about matters of the heart and we’re looking to heal those by providing a safe and confidential environment for people to come together and share their thoughts and experiences with others who truly understand.”

Pastor Jeff is co-facilitating the grief support group with Van Diest Medical Center Social Worker Anthony Wubben. Those interested in attending one of the upcoming group sessions are encouraged to access the Emergency Room Entrance to the Hospital, where they will be directed to the Meditation Room. For questions about the grief support group, please contact Anthony Wubben at 515.832.7717 or [awubben@vandiestmc.org](mailto:awubben@vandiestmc.org).

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