



PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Have you recently lost or are preparing to lose a loved one? Community Services to offer a free workshop and a monthly grief support group

LIBERTY, Mo. – No matter what anyone tells you or how long you "knew it was coming," the actual death of someone you love cuts to the core. The public is invited to a free workshop facilitated by Sally King, Licensed Clinical Social Worker on May 15.

The workshop will be beneficial to anyone who may have recently lost a loved one or who has a terminally ill person in their life. A variety of topics will be covered including:

- A survivor's checklist with special info on how to plan a funeral on a budget
- Overview of what to do immediately when death occurs and what can wait
- Do I need grief counseling and if so, how is it covered?
- What does the research say will help me through my grief the most?
- Tips for coping and resiliency before and after the loss.

King has worked in the field of community and emergency mental health with adults and seniors since 2001. Most recently she has provided outreach, education, and project management on behalf of the KU Alzheimer's Disease Center and Landon Center on Aging, having spent many years training professionals in the areas of aging and mental health. King is a trainer for "Healthy IDEAS" - a nationally recognized empirically-based older adult depression care curriculum being adopted across the country.

This free workshop, sponsored by Liberty Parks & Recreation and Three Rivers Hospice is being held at the Liberty Community Center, 1600 S. Withers Rd. from 1-2 p.m. Immediately following the

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workshop, the monthly grief support group facilitated by Three Rivers Hospice will meet; new participants are welcome to attend the support group. To register for this workshop, please call the Liberty Silver Center at 816.439.4368.

For more information on this and other activities, contact the Liberty Silver Center at 816.439.4368 or visit www.ci.liberty.mo.us/communityservices.

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