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FOR IMMEDIATE RELEASE

Grief Support Group Helps People Handle the Holidays After Loss

Mentor, OH December 18, 2019 : Anyone who has experienced the sudden loss of a loved one through drugs or alcohol knows the holiday season, especially, can be a stressful time. At Lake-Geauga Recovery Centers' you have options about how to cope with the holidays. Because holidays are times spent with our loved ones, this time of year can underscore the absence of a deceased loved one more than any other time. Are you grieving a loss of a loved one? Find comfort in one of our grief support groups.

Our Grief Support Group helps families and individuals who have experienced the sudden loss of a loved one through substance use disorder. People who have suffered this kind of loss know that society treats this type of death in a much different manner than death from other causes. Often people do not understand that addiction is a disease much like any other medical illness.

"You may find yourself wondering why you don't feel merry and bright and why you don't want to celebrate and spread good cheer. Holidays tend to magnify the loss of someone special. It's okay. Our licensed counselors and peer supports who have shared this life experience will provide assistance to help navigate the grieving process, providing encouragement and hope through the holiday season." said Melanie Blasko, President and CEO.

Group members will be assisted with identifying, processing and moving through stages of grief, and receive education and support regarding the disease of substance use disorder. The group meets at the Mentor office located at 9083 Mentor Ave., Mentor, OH and is free and open to the community. No pre-registration is required. More information about the group and meeting times is available by calling 440.255.0678 or by visiting www.lgrc.us.

Lake-Geauga Recovery Centers is a private, nonprofit agency providing continuous service to the community since 1971. Services at Lake-Geauga Recovery Centers are made possible due to the generous support of the Lake County ADAMHS Board, the Geauga Board of MHRS, and United Way of Lake & Geauga Counties.

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