

# PRESS RELEASE



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## TODAYS DATE:

March 23, 2021

## RELEASE DATE:

Immediately

## Free LGBTQ Grief Group

**LGBTQ Grief Group** —co-sponsored by Helping Our Women and Sharing Kindness begins on Wednesday, April 7th and will meet online for an hour and a half, from 12:30 PM to 2:00 PM, over the course of 8-weeks. A trained bereavement facilitator will lead this free online group. “Unfortunately it’s common for grievers to feel disconnected from the world around them and for LGBTQ grief and loss, limited resources can result in increased isolation,” shares Gwynne Guzeau, Executive Director of Helping Our Women (HOW).

This free grief group is an online support for members of the LGBTQ community who have experienced the loss of a loved one at any time in their life. Even though people may receive support from friends and family, the reason people join a bereavement group is to be with others who have also experienced a loss.

The objectives of the LGBTQ Grief Group are to:

- Share your thoughts and feelings about your loss
- Experience support from the facilitator and other group members
- Learn to co-exist with love and sadness

“Although grief can feel very isolating, we are committed to our vision of providing grief support to the people of Cape Cod and the Islands”, states Kim Mead-Walters, MD and Executive Director of Sharing Kindness an organization seeded from the shared devastation of suicide and grief, now tending a thriving community through empathy, education and courageous conversation.

For more information or to sign up for the LGBTQ Grief Group contact HOW at 508-487-4357. There will be a confidential, in-take call with each person who registers. The last day to register is Monday, April 5<sup>th</sup>. This support group is being offered at no-cost and if you need access to an online device to participate HOW can assist you. Funding for this group comes from Boston Pride Community Fund grant and Sharing Kindness.

“The importance of this group is not only support,” comments Guzeau, “but finding the right support and connecting with others who understand who we are and where we’ve been. To plan for this program, we

consulted with the LGBT Aging Project at Fenway Institute, Sharing Kindness' healthcare and mental health practitioners, as well as members of the LGBTQ community on the Cape."

For over 25 years, Helping Our Women (HOW) has built a strong system of supportive services to meet the needs and empower women with chronic, life threatening or disabling medical conditions living in Provincetown, Truro, Wellfleet and Eastham. HOW also provides advocacy, referrals and resources to all community members. To learn more about HOW visit [www.helpingourwomen.org](http://www.helpingourwomen.org).

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