

**Contact:**

Robbie Hayes
707-258-9084 x 297

Collabria Care – Collabria Hospice

414 South Jefferson Street
Napa, CA 94559

For Immediate Release**COLLABRIA CARE OFFERS AN 8-WEEK GRIEF SUPPORT PROGRAM IN ST. HELENA**

January 4, 2019, Napa, CA — Collabria Care’s acclaimed grief support program, “Learning to Live with Loss,” will be offered in St. Helena for the first time, starting on January 15. The program provides a safe environment where adults can share their feelings and receive guidance in a supportive group setting. It does not matter how recent the loss, or where it occurred, to benefit from the program. Individuals are encouraged to attend all eight sessions to receive maximum benefit.

Linda Laing, LMFT, the group’s facilitator, is an experienced psychotherapist and has specialized in bereavement therapy for more than 20 years. During her career, she has worked with individuals and groups from diverse backgrounds and situations, and she welcomes anyone enduring the pain of grief and loss to participate in this program. There is no charge to attend and materials will be provided.

Location: UpValley Village, 1474 Oak Avenue, St. Helena

Date: Starting Tuesday, January 15 for 8 weeks

Time: 2:30 p.m. – 4:00 p.m.

For more information or to register, please contact Linda Laing, LMFT at 707-258-9080 x 295 or email llaing@collabriacare.org

Collabria Care has offered bereavement services in Napa County for 40 years and assists hundreds of people through the mourning process every year.

In addition to the 8-week series, a weekly drop-in program takes place in Napa at 414 South Jefferson St. on Thursdays, from 4:00 – 5:00 p.m. Groups are free and open to the community. For more information on this or other bereavement services, call 707.258.9080.

Collabria Care – Collabria Hospice, formerly Napa Valley Hospice & Adult Day Services, is the leading center for community-based care delivery and resources in the North Bay, for those facing

the transitions of aging, Alzheimer's disease and other serious illness or the end of life. Additional information is available at collabriacare.org or (707) 258-9080.

###