

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Rangeley Family Medicine offers support for grief and the holidays

RANGELEY – People often have happy, joyful memories of the holidays, but for those of us who have lost a close family member or friend, the holiday season can become a time of confusion, loneliness and despair. To offer support, Velma Evans, LCSW will facilitate a group meeting on grief and the holidays at Rangeley Family Medicine on Thursday, November 20 from 3:00 to 4:00 p.m.



“Chances are, many of us have experienced grief at some point in our lives,” said Evans, Behavioral Health Consultant at Rangeley Family Medicine. “How do we celebrate the holidays after the loss of a loved one? This one-hour presentation will offer suggestions on various ways to cope with the holidays as well as gaining an understanding of the grief and mourning process that can affect us daily. This group meeting is intended for anyone over the age of 18.”

If participants at the event express interest, Evans plans to make the meeting into a monthly support group. For more information, contact the health center by calling (207) 864-3303. Rangeley Family Medicine is located at 42 Dallas Hill Road, Rangeley.

Rangeley Family Medicine is a practice of HealthReach Community Health Centers, a system of eleven federally qualified health centers in Central and Western Maine. Dedicated providers deliver high quality health care to people in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, we offer an Affordable Care Program to uninsured and underinsured residents and assist with applications for other programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit organization with a 39-year history, HealthReach is funded by patient fees, grants and individual donations.

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