

FOR IMMEDIATE RELEASE

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MICHAEL'S PLACE OFFERS TEEN GRIEF SUPPORT GROUP

Support Group Offered 1st and 3rd Tuesdays at 4:00pm

TRAVERSE CITY, MI., January 14, 2019 – Michael's Place, northern Michigan's only non-profit grief support center, is launching a new teen support group; open to teens aged 13 and up who have experienced the death of a loved one. This group will be held at Michael's Place the first and third Tuesdays of each month at 4:00 p.m.

"Peer support groups are a great way for teens to connect with one another and process their experiences with grief. The sense of isolation bereaved teens feel and their self-consciousness about being different than others can be overwhelming", explains Melissa Fournier, Program Director at Michael's Place. "Coming together to support one another, share their grief and normalize their feelings has the power to change their life trajectories. Our after school group is designed to fit in with busy teens' schedules – it is one hour twice a month in a comfortable and safe environment where hope is restored."

If you or someone you know is a teen that has experienced the death of a loved one contact Michael's Place directly at (231) 947-6453 or GoodGrief@MyMichaelsPlace.net for more information on how to enroll.

About Michael's Place

Michael's Place is a grief support center for children, teens, adults. The organization gives those who grieve a voice to share their story, care and support to survive their loss, and hope to begin to live again. Last year, Michael's Place provided grief support services to 1,700 individuals in the community at no cost.

For more information, visit www.MyMichaelsPlace.net or call (231) 947-6453.

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