

Press Release



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Christian Health Care Center Offers Bereavement Support Group

When a loved one has been taken as the result of death, illness, or the end of a relationship, people experience a wide variety of feelings and emotions. To aid individuals through their grief journey, Christian Health Care Center (CHCC) in Wyckoff holds a Bereavement Support Group which meets from 5:30 to 6:30 p.m. the third Wednesday of the month in the Commons Conference Room.

“The support of family and friends is vital during a time of grief, but unless they have experienced a close personal loss, they often don’t fully understand. This is where our Bereavement Support Group will become a valuable resource,” said the group’s facilitator, Teresa DeLellis, LSW. Ms. DeLellis is the Social Work Director/Discharge Planner for Heritage Manor Nursing Home/Southgate at CHCC. “The group will offer companionship and understanding from others who have experienced a similar loss and similar challenges that living with grief brings.”

The Bereavement Support Group complements CHCC’s Faith & Grief Luncheons which are offered from noon to 1 p.m. the third Wednesday of the month in the Auditorium. Held in conjunction with Valley Hospice, the luncheons incorporate sharing, scripture, prayer, and reflection. Complimentary lunch is provided, but donations are accepted.

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“No one knows the pain of loss as well as someone else who is experiencing it, too,” Ms. DeLellis said. “It’s very reassuring to learn that what we are going through is normal.”

The Commons Conference Room and the Auditorium are both located at 700 Mountain Ave., Wyckoff. To register for the Bereavement Support Group, call (201) 848-5867 or email tdelellis@chccnj.org. To register for Faith & Grief, call (201) 848-4264 or visit www.faithandgrief.org. Both the Bereavement Support Group and Faith & Grief Luncheons are open to the community at no charge, however registration is required.

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