Hope Healthcare Offers Creative Arts Program to Support People Coping with Grief

FORT MYERS, FL (Jan. 21, 2022) – People struggling with grief after the loss of a loved one can explore a creative outlet for emotional release and self-expression during Open Studio, a six-week Zoom series designed for adults age 18 and older.

Participants will connect with their peers and discover new coping skills while engaging in a favorite artistic activity, such as singing, dancing, painting, writing, crafting or any creative practice. They will learn to describe their journey through the process of writing; and, if desired, share their story and reflect on their experience with fellow group members.

Led by Hope bereavement counselor Nicole Thoma, MSW, the group will meet virtually at 1-3 p.m. Mondays beginning Feb. 7. Participants will need a quiet setting with Wi-Fi access during the sessions. No prior art experience is required. Open Studio is provided at no charge, thanks to generous community support.

Space is limited, and registration is required before Thursday, Feb. 3. Those who are interested in participating should contact Nicole Thoma by email or at 239-415-7219.

With more than 40 years of experience as a local, not-for-profit organization, Hope Healthcare is dedicated to providing care and comfort for people in life’s closing chapter. A compassionate team of staff and volunteers offers practical, spiritual and emotional support for the entire family. For more information, visit HopeHCS.org.

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