FOR IMMEDIATE RELEASE

Avow Hospice receives a $5,000 grant from Truist to support grief and bereavement programming

NAPLES, Fla. (Nov. 15, 2022) – Avow received a $5,000 grant from Truist to support grief and bereavement programming for people of all ages, specifically targeted to improving mental health. Avow's bereavement programs are open to all residents and visitors in Southwest Florida without cost.

In 2021, Avow served 930 individual virtual and in-person adult sessions, 7,408 phone check-ins to those grieving, 865 bereavement support groups, 4,385 bereavement group participants and 1,469 unique individuals served. Children served in 2021 included 373 child/teen participants, 279 support group sessions and 51 children's camps or events.

"People struggling to cope with loss have found understanding, acceptance and gentle guidance without cost from Avow's professional bereavement staff members since our founding in 1983," said Avow's Chief Philanthropy Officer Annalise Smith. "Support from organizations like Truist, with a goal to inspire and build better lives and communities, are essential to helping us fulfill our mission."

Support sessions for adults are available online and/or in-person at the Center for Grief Support on the Avow campus. Monthly memorials are held virtually for remembrance. Groups are available for people who have suffered a similar loss or within a similar timeframe, such new

widows/widowers, survivors of suicide or adults who have lost a parent. Avow also offers groups focused on the needs of caregivers, self-care such as spiritual health, chair yoga and other support groups fostering wellbeing and overall emotional health improvement.

The Avow Kids program, designed for children ages 5-17, provides support and companionship to children who are grieving whether it is the loss of a parent, sibling, friend, or relative through illness, accident, deportation, suicide or homicide. Additionally, Avow helps children process and heal from other types of loss, including divorce, the loss of a friend, instability in the foster care system, and deployed parents and family members. Avow Kids groups and activities are open to children everywhere. In-person sessions, workshops and camps in Southwest Florida and online groups open to children and teens worldwide.

The full calendar of events is available at a avowcares.org/calendar/.

About Avow:

Avow was founded in 1983 as Collier County's original, nonprofit hospice. Today, Avow's nonprofit companies provide palliative care consultations for adults facing chronic or serious illness and hospice care and bereavement support services for children and adults. To learn more about the scope of services provided by Avow, call 239-261-4404 or visit www.avowcares.org.

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Media Contacts:

Holly Boldrin, APR, CPRC, Priority Marketing, Holly@PriorityMarketing.com, 239-267-2638 or 239-887-9335 (cell)

Kathy Becker, Priority Marketing, kathyb@prioritymarketing.com, 239-267-2638 or 239-470-2681 (cell)