

[PRESS RELEASE EXAMPLE]

## Grief Institute Announces Sponsorship of Bereavement Cruise

### **Applauds unique respite-style conference focused on loss and healing**

GREENVILLE - Oct. 15, 2019 - [PRLog](#) International Grief Institute, an educational consulting firm that provides professional training to the funeral and bereavement industry, has announced its sponsorship of a bereavement cruise hosted by Journeys of Hope, Healing & Health.

In its fourth year of sailing, the Seminars at Sea program is an innovative grief conference designed to give families a change of scenery while offering the support, tools and compassionate care they need after loss. Coupled with the amenities of a 5-star cruise line, the emphasis is on learning to find balance through a variety of workshops and activities provided by a team of grief professionals from across the nation.

According to Dr. Margaret Stroebe and Dr. Henk Schut, their Dual Process Model of Coping with Bereavement 10-year study promotes respites from grief as part of a healthy grief process.

"As we learn to better understand resilience, we applaud the Seminars at Sea program for being forward-thinking in addressing the needs of the bereaved," says Lynda Cheldelin Fell, founding partner of the International Grief Institute. "Taking families outside their everyday lives onto a cruise ship and offering a menu of supportive workshops and healing activities provides a truly unique respite with long-term benefits for their emotional health."

According to Journeys of Help, Healing & Hope founder Linda Findlay, "The Seminars at Sea Program was created to nurture the mind, body and spirit of bereaved families. The bereavement cruise is an opportunity for grieving families to experience an inspiring continuation of healing that will be shared in a nurturing community of people who are or have been on a grief journey."

For more information about the bereavement cruise, call Linda Findlay at 315-725-6132 or visit [www.TheGriefCruises.com](http://www.TheGriefCruises.com)