



# Department of Public Health

Monroe County, New York

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FOR IMMEDIATE RELEASE

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## MONROE COUNTY AND DELPHI RISE TO OFFER FREE GRIEF SUPPORT GROUP FOR SUBSTANCE USE LOSS

**ROCHESTER, NY** — The Monroe County Department of Public Health Addiction Services' Improving Addiction Coordination Team (IMPACT), in conjunction with Delphi Rise, is offering a new grief support group for individuals affected by substance use-related loss of a loved one. The free sessions are offered both in-person and online.

"Losing someone to substance use can be isolating and many families carry that grief in silence," said **Monroe County Commissioner of Public Health Dr. Marielena Vélez de Brown**. "This group offers a safe place to share those experiences, connect with others who understand and begin to heal. By creating space for care and community, we can help people move through their grief with support rather than stigma."

Individuals who experience the loss of a loved one to substance use often face complex emotions and a lack of understanding from those around them. Dedicated grief support groups provide an opportunity to share experiences in a safe environment, gain practical tools for coping and build connections with others who have endured similar loss. The meetings are offered during day and evening hours:

Daytime meetings	Evening meetings
<b>Time:</b> Noon to 2 p.m.	<b>Time:</b> 5:30 to 7:30 p.m.
<b>Location:</b> 72 Hinchey Road, 14624	<b>Location:</b> Zoom
Walk-ins welcome	Register here: <a href="http://www.monroecounty.gov/addiction-grief-support">www.monroecounty.gov/addiction-grief-support</a>
Oct. 2	Oct. 14
Oct. 16	Oct. 28
Nov. 6	Nov. 11
Nov. 20	Nov. 25
Dec. 4	Dec. 9
Dec. 18	Dec. 23

Addiction, or substance use disorder, is a medical condition. Treatment can help and recovery is possible. It's time to Stop the Stigma. Start the Conversation.

For information on the grief support group, treatment options, naloxone or test strips, visit [monroecounty.gov/addiction](http://monroecounty.gov/addiction), email [MPACT@MonroeCounty.gov](mailto:MPACT@MonroeCounty.gov) or call the Addiction Services hotline at (585) 753-5300 anytime.

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