

For Immediate Release

To: Marblehead Reporter  
From: Meghan McGowan  
Marblehead Counseling Center  
(617)699-6242  
Date: November 14, 2011  
Re: MCC Educational Series on MHTV

## **PRESS RELEASE**

### **Marblehead Counseling Center offers help for those grieving during the holiday season**

This month the Marblehead Counseling Center will air “Grieving During the Holidays” as part of their Perspectives on Life educational series on MHTV. Tune into channel 10 (Comcast) or channel 28 (Verizon) on Mondays at 11:30am, Wednesdays at 7pm, and Fridays at 6pm throughout the month to view a detailed interview with grief experts Paul Crosby and Robert M. Purdy, both psychotherapists at the Marblehead Counseling Center.

The holiday season can be so difficult for those who are grieving a loved one. Celebrations and gatherings, once filled with joy, can seem empty and sad. The Marblehead Counseling Center recognizes the need for support during this time. In addition to the MHTV program, the Counseling Center will be holding workshops on healthy grieving during the holidays. These free workshops are open to the public and will run Wednesdays, November 30, December 7 and December 14 from 6:30 to 8pm at the Marblehead Counseling Center on 66 Clifton Avenue in Marblehead. For information and registration call the Robert Purdy, LMHC at the Marblehead Counseling Center 781-631-8273 ext. 220 or go to the website: [www.marbleheadcounseling.org/programs.html](http://www.marbleheadcounseling.org/programs.html)

*Founded in 1969, the Marblehead Counseling Center provides a spectrum of counseling services and community programs for individuals and families in the Marblehead/Swampscott communities, delivering support and guidance in dealing with life's problems, family issues, and mental health issues. The Counseling Center accepts most health insurance and can also offer discounts for income-eligible Marblehead residents. Questions about the topics or ideas for future programs are very welcome. To submit a question or idea, email [info@marbleheadcounseling.org](mailto:info@marbleheadcounseling.org) or call 781-631-8273.*