

HEALTH NEWS

19 and 26, and Dec. 3 from 2 to 3:30 p.m. in Room B at Hope's Administrative Office at 9470 HealthPark Circle in Fort Myers.

Participants will learn how to identify grief triggers, discuss coping strategies, and explore ways to memorialize lost loved ones.

Adults 18 years and older are welcome, and there is no charge to attend the professionally-led sessions. Pre-registration is required; call 239-985-7716.

With generous community support, Hope is able to offer additional counseling programs including grief support for adults, teens and children, bereaved parents and those who have experienced the suicide of a loved one. Hope also offers an LGBT group, crisis support for community schools and businesses, and a Spanish language group. Call 239-482-4673 or visit www.HopeHCS.org/counseling.

Frink earns certification as a Certified Lactation Counselor

Angela Frink, APRN, of Physicians' Primary Care of Southwest Florida has earned certification as a Certified Lactation Counselor.

The certification is awarded by the Academy of Lactation Policy and Practice to professionals who have demonstrated the necessary skills, knowledge and attitudes to provide clinical breastfeeding counseling and management support to families who are considering breastfeeding or have questions about lactation.

Frink completed 52 hours of training and passed an examination based upon her workplace competencies.

She assists pediatricians in the Cape Coral office of Physicians' Primary Care of Southwest Florida at 1261 Viscaya Parkway.

Frink is a graduate of Florida Gulf Coast University, where she received her bachelor of science degree in nursing and her master of science degree as a Family Nurse Practitioner. She has more than 12 years of nursing experience, including two years in management positions prior to earning her degree as an Advanced Practice Registered Nurse, which is the new title for what was formerly known as ARNP.

Physicians' Primary Care of Southwest Florida, a physician-owned and operated medical practice, was formed in 1996 by many long practicing local physicians. Offices are located in Fort Myers, Cape Coral, and Lehigh Acres. For more information, visit www.ppcswwfl.com.