



*“Community Hospice is a place of relief for the family.”*

### ARLINGTON/BEACHES

Community Hospice McGraw Center for Caring  
4715 Worrall Way  
Jacksonville, FL 32224

**Tuesday, March 7, 2017** 10 – 11:30 a.m.  
**Monday, April 3, 2017** 5:30 – 7:00 p.m.  
**Tuesday, May 2, 2017** 10 – 11:30 a.m.

### MANDARIN/SOUTHSIDE

Community Hospice Neviasher Educational Institute  
4266 Sunbeam Road, Building 100  
Jacksonville, FL 32257

**Tuesday, March 21, 2017** 5:30 – 7 p.m.  
**Monday, April 10, 2017** 10 – 11:30 a.m.  
**Tuesday, May 16, 2017** 5:30 – 7:00 p.m.

### NORTHSIDE

Community Hospice Northside Office  
13453 North Main Street, Suite 403  
Jacksonville, FL 32218

**Wednesday, March 8, 2017** 6 – 7:30 p.m.  
**Friday, May 12, 2017** 12 – 1:30 p.m.

### WESTSIDE/BAKER COUNTY

Community Hospice Acosta-Rua Center for Caring  
5450 Ramona Boulevard  
Jacksonville, FL 32205

**Tuesday, March 14, 2017** 5:30 – 7 p.m.

# UNDERSTANDING GRIEF

## A PROGRAM FOR THE NEWLY BEREAVED

Understanding Grief is designed to help individuals learn that healing is possible after the death of a loved one and there are effective ways to cope with grief and loss.

### The 90 minute workshop will help attendees:

- Identify normal responses to loss
- Identify coping skills that may be helpful
- Understand the importance of self-care in the grieving process

Understanding Grief is designed to be most helpful for those who have experienced a loss within the last 90 days, and are at least 18 years old. **Call 904.407.7001 to register.**



### ST. JOHNS COUNTY

St. Johns County Office  
525 State Road 16, Suite 112 in Westgate Plaza  
St. Augustine, FL 32086

**Monday, March 6, 2017** 4 – 5:30 p.m.  
**Friday, April 21, 2017** 12 – 1:30 p.m.  
**Monday, May 8, 2017** 4 – 5:30 p.m.

### NASSAU COUNTY

Council on Aging  
1367 South 18<sup>th</sup> Street  
Fernandina Beach, FL 32034

**Tuesday, March 7, 2017** 6 – 7:30 p.m.  
**Tuesday, April 4, 2017** 6 – 7:30 p.m.

### CLAY COUNTY

Community Hospice Clay County Office  
728 Blanding Boulevard, Suite 1  
Orange Park, FL 32065

**Friday, April 21, 2017** 12 – 1:30 p.m.  
**Friday, June 23, 2017** 12 – 1:30 p.m.