



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

ST. JOHNS COUNTY

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

Wednesday, January 10, 2018 **3 - 4:30 p.m.**
Tuesday, February 13, 2018 **2 - 3:30 p.m.**

FERNANDINA/NASSAU COUNTY

Council on Aging
1367 South 18th Street
Fernandina Beach, FL 32034

Saturday, January 20, 2018 **10 – 11:30 a.m.**
Tuesday, February 20, 2018 **6 – 7:30 p.m.**

WESTSIDE/BAKER COUNTY

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

Friday, January 19, 2018 **11-12:30 p.m.**

MANDARIN/SOUTHSIDE

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

Monday, January 22, 2018 **11-12:30 p.m.**
Monday, February 12, 2018 **6-7:30 p.m.**

ARLINGTON/BEACHES

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

Monday, January 15, 2018 **10 - 11:30 a.m.**
Tuesday, February 13, 2018 **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.**



COMING SOON!

NORTHSIDE

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

CLAY COUNTY

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