



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

ST. JOHNS COUNTY

Bailey Family Center for Caring
200 Health Park Blvd.
St. Augustine, FL 32086

Tuesday, April 10, 2018 **3 – 4:30 p.m.**
Wednesday, May 9, 2018 **3 – 4:30 p.m.**

FERNANDINA/NASSAU COUNTY

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

Tuesday, April 24, 2018 **6 – 7:30 p.m.**
Tuesday, June 19, 2018 **6 – 7:30 p.m.**

WESTSIDE/BAKER COUNTY

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

Thursday, March 22, 2018 **5:30 – 7 p.m.**

MANDARIN/SOUTHSIDE

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

Tuesday, April 17, 2018 **6 – 7:30 p.m.**
Monday, May 14, 2018 **9 – 10:30 a.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.**



NORTHSIDE

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

Friday, April 6, 2018 **12 – 1:30 p.m.**
Monday, June 4, 2018 **3 – 4:30 p.m.**

ARLINGTON/BEACHES

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

Tuesday, April 17, 2018 **6 – 7:30 p.m.**
Tuesday, May 15, 2018 **10 – 11:30 a.m.**