

UNDERSTANDING GRIEF:

A Program for the Newly Bereaved

Understanding Grief is designed to help people 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.

Please see the schedule below; dates and times listed are subject to change. RSVP at **800.274.6614, Ext. 7001.**



COLUMBIA COUNTY

Columbia County Administrative Office
163 SW Stonegate Terrace, Suite 105
Lake City, FL 32024

Tuesday, April 10	11 a.m. – 12:30 p.m.
Tuesday, May 8	11 a.m. – 12:30 p.m.
Tuesday, June 12	11 a.m. – 12:30 p.m.

PUTNAM COUNTY

Putnam County Administrative Office
5111 Crill Avenue
Palatka, FL 32177

Tuesday, April 3	11 a.m. – 12:30 p.m.
Tuesday, May 1	11 a.m. – 12:30 p.m.
Tuesday, June 5	11 a.m. – 12:30 p.m.

All Community Hospice & Palliative Care bereavement and community grief services are free of charge and available to anyone in the community for up to 13 months after a loved one's death. Call 904.407.7001 to learn more, or visit Calendar.CommunityHospice.com to view our program schedule.