



Find help and hope at our Understanding Grief workshop.

ST. JOHNS COUNTY

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

Tuesday, June 12, 2018 3 – 4:30 p.m.
Wednesday, July 11, 2018 3 – 4:30 p.m.
Tuesday, August 14, 2018 3 – 4:30 p.m.

FERNANDINA BEACH/NASSAU COUNTY

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

Tuesday, June 19, 2018 6 – 7:30 p.m.
Tuesday, August 7, 2018 6 – 7:30 p.m.

WESTSIDE/BAKER COUNTY

Dr. Gaston J. Acosta-Rua Center for Caring
5450 Ramona Blvd., Jacksonville, FL 32205

Friday, July 6, 2018 12 – 1:30 p.m.
Friday, September 21, 2018 12 – 1:30 p.m.

MANDARIN/SOUTHSIDE

Charles M. Neviasser Educational Institute
4266 Sunbeam Road, Building 100
Jacksonville, FL 32257

Tuesday, June 14, 2018 6 – 7:30 p.m.
Wednesday, July 25, 2018 11:30 a.m. – 1 p.m.
Monday, August 13, 2018 6 – 7:30 p.m.
Wednesday, September 19, 2018 11:30 a.m. – 1 p.m.

NORTHSIDE

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

Monday, June 4, 2018 3 – 4:30 p.m.
Friday, August 24, 2018 12 – 1:30 p.m.

ARLINGTON/BEACHES

Anne and Donald McGraw Center for Caring
4715 Worrall Way, Mayo Clinic Florida West Campus
Jacksonville, FL 32224

Monday, June 18, 2018 6 – 7:30 p.m.
Friday, July 20, 2018 10– 11:30 p.m.

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. Call **904.407.7001** to register.

All Community Hospice & Palliative Care bereavement services are free of charge and are available to anyone in the community for up to 13 months after a loved one's death.



To register for workshops in Columbia and Putnam counties, call toll-free 800.274.6614, Ext. 7001.

COLUMBIA COUNTY

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

Tuesday, June 12, 2018 11 a.m. – 12:30 p.m.
Tuesday, July 10, 2018 11 a.m. – 12:30 p.m.
Tuesday, August 7, 2018 11 a.m. – 12:30 p.m.
Tuesday, September 11, 2018 11 a.m. – 12:30 p.m.

PUTNAM COUNTY

Putnam County Administrative Office
5111 Crill Avenue
Palatka, FL 32177

Tuesday, June 5, 2018 11 a.m. – 12:30 p.m.
Tuesday, July 17, 2018 11 a.m. – 12:30 p.m.
Tuesday, August 14, 2018 11 a.m. – 12:30 p.m.
Tuesday, September 18, 2018 11 a.m. – 12:30 p.m.