



*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

Wednesday, September 12, 2018      3 - 4:30 p.m.  
Thursday, October 4, 2018              3 - 4:30 p.m.

**FERNANDINA BEACH/NASSAU COUNTY**

Nassau County Council on Aging  
1901 Island Walk Way  
Fernandina Beach, FL 32034

Tuesday, October 16, 2018              6 - 7:30 p.m.

**WESTSIDE/BAKER COUNTY**

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

Friday, September 21, 2018              12 - 1:30 p.m.

**MANDARIN/SOUTHSIDE**

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

Wednesday, September 19, 2018      11:30 a.m. - 1 p.m.  
Tuesday, October 16, 2018              6 - 7:30 p.m.

**NORTHSIDE**

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

Friday, October 12, 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

Friday, September 28, 2018              10 - 11:30 a.m.  
Monday, October 8, 2018                6 - 7:30 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.

These 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, September 11, 2018              11 a.m. - 12:30 p.m.  
Tuesday, October 23, 2018              5 p.m. - 6:30 p.m.

**PUTNAM COUNTY**

Putnam County Administrative Office  
5111 Crill Avenue  
Palatka, FL 32177

Tuesday, September 18, 2018              11 a.m. - 12:30 p.m.  
Thursday, October 18, 2018              5 p.m. - 6:30 p.m.