

Share your grief and soothe your sorrow at our support groups.

# **OPEN BEREAVEMENT SUPPORT GROUPS**

Ongoing groups are currently being offered at the following locations.

Please contact the bereavement counselors listed below for additional information prior to attending the first session.

# ST. JOHNS COUNTY

Bailey Family Center for Caring **2nd and 4th Thursday, 2:30 - 4 PM** *Sheri Wallace, PhD, LMHC, 904.407.6562* 

# **ARLINGTON/ BEACHES**

Community Hospice McGraw Center for Caring **2nd and 4th Mondays, 10 - 11:30 AM** *Angela Atkins, LMHC, 904.407.5860* 

# **MANDARIN/ SOUTHSIDE**

Community Hospice Nevaiser Educational Institute **1st and 3rd Mondays, 11 AM - 12:30 PM** *Concetta Hillman, LCSW, ACHP-SW, 904.407.6191* 

#### **EIGHT- WEEK THERAPEUTIC SUPPORT GROUPS**

Participants must meet with a Community Hospice & Palliative Care bereavement counselor before joining an eight- week group.

Please contact the bereavement counselor listed below to schedule an appointment or express interest in the next available group at your preferred location.

# SUPPORT GROUPS

Grieving the death of a loved one is never easy, but support from others and sharing your loss can lessen the burden. To help you, Community Hospice & Palliative Care conducts support groups throughout the year.

Community Hospice & Palliative Care support groups create a safe and comfortable environment where you can bond with others who are grieving. Led by our bereavement professionals, a variety of groups are offered that cover common grief reactions, coping strategies and ways to stay connected to your loved ones.

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.



# **ORANGE PARK/ CLAY COUNTY**

MCCI Medical Group 1st Tuesdays, 1 - 2 PM Karen Painter, LMHC, 904.407-6589

# **MANDARIN/ SOUTHSIDE**

Community Hospice Neviaser Educational Institute *Marilyn Jones, LMHC, 904.407.6124* **Tuesday, Oct 23 - Dec 11, 2018** 6:30 - 8 pm

### ST JOHNS COUNTY

Community Hospice St Johns County Office *Sheri Wallace, PhD, LMHC, 904.407.6562* 

FERNANDINA BEACH/ NASSAU

**COUNTY** Council On Aging Byron Beall, LCSW, 904.407.6811