



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

# 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.



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

### ORANGE PARK/ CLAY COUNTY

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

## 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.

### MANDARIN/ SOUTHSIDE

Community Hospice Nevaser Educational Institute  
*Marilyn Jones, LMHC, 904.407.6124*

### 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*