



*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 prior to attending the first session.

#### **ST. JOHNS COUNTY**

Bailey Family Center for Caring  
**2nd and 4th Thursday, 2:30 - 4 PM**  
*Karen Painter, LMHC, 904.407.6589*

#### **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 Nevasier 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*

#### **FERNANDINA BEACH/NASSAU COUNTY**

Nassau County Council on Aging  
**1st and 3rd Tuesdays, 10 AM - 11:30 AM**  
*Byron Beall, LCSW, 904.407.6811*

#### **SOCIAL GROUPS: Walk and Talk**

This is an ongoing group that gives the opportunity for grievors to connect with others socially while promoting physical activity. This group will engage in activities that will focus on connection and not grief. Please call prior to attending the group.

#### **MANDARIN/ SOUTHSIDE** *(April - June)*

Community Hospice Nevasier Educational Institute  
**2nd and 4th Wednesdays, 9:30 AM - 10:30 AM**  
*Concetta Hillman, LCSW, ACHP-SW, 904.407.6191*

## 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.



### **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 Nevasier Educational Institute  
**Tuesdays, May 7 - June 25, 2019 4:30 PM - 6 PM**  
*Concetta Hillman, LCSW, ACHP-SW, 904.407.6191*

#### **ST JOHNS COUNTY**

Community Hospice St Johns County Office  
*Karen Painter, LMHC, 904.407.6589*

#### **FERNANDINA BEACH/ NASSAU COUNTY**

Nassau County Council on Aging  
*Byron Beall, LCSW, 904.407.6811*