



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

Thursday, April 11, 2019 10 - 11:30 a.m.
Thursday, May 9, 2019 10 - 11:30 a.m.

FERNANDINA BEACH/NASSAU COUNTY

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

Tuesday, April 9, 2019 6 - 7:30 p.m.
Tuesday, June 4, 2019 6 - 7:30 p.m.

WESTSIDE/BAKER COUNTY

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

Friday, May 3, 2019 10 - 11:30 a.m.

MANDARIN/SOUTHSIDE

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

Tuesday, April 16, 2019 4:30 - 6 p.m.
Thursday, May 23, 2019 11 - 12:30 p.m.
Thursday, June 20, 2019 11 - 12:30 p.m.

NORTHSIDE

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

Friday, April 5, 2019 10 - 11:30 a.m.
Friday, June 14, 2019 10 - 11:30 a.m.

ARLINGTON/BEACHES

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

Monday, April 8, 2019 3 - 4:30 p.m.
Monday, June 10, 2019 5:30 - 7 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.



SPECIAL WORKSHOPS:

Cooking While Coping

In this workshop, participants will learn about meal planning, shopping, and cooking for one and the role grief plays in cooking.

ARLINGTON/BEACHES

Community Hospice McGraw Center for Caring
Friday, May 24, 2019 10:00 - 11:30 a.m.
Katie McConnell, LCSW, ACHP-SW, 904-407-6222