



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

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

Thursday, June 13, 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.