



*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 prior to attending the first session.

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

Chapman Family Community Campus  
**2nd and 4th Wednesdays, 2 - 3:30 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**  
*Byron Beall, LCSW, 904.407.6811*

#### **ORANGE PARK/CLAY COUNTY**

Conviva/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*

### **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  
4266 Sunbeam Rd. Bldg. 100 Jacksonville, FL 32257

**Call for next support group series**

*Byron Beall, LCSW, 904.407.6811*