



*Find help and hope at our Understanding Grief workshop.*

### ST. JOHNS COUNTY

Chapman Family Community Campus  
1355 US Highway 1 South, St. Augustine, FL 32084

Wednesday, February 12, 2020 10 - 11:30 a.m.

### FERNANDINA BEACH/NASSAU COUNTY

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

Friday, February 14, 2020 6 - 8:00 p.m.  
Thursday, April 9, 2020 5 - 6:30 p.m.  
Thursday, June 4, 2020 5 - 6:30 p.m.  
Thursday August 6, 2020 5 - 6:30 p.m.

### WESTSIDE/BAKER COUNTY

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

Friday, February 14, 2020 10 - 11:30 a.m.

### MANDARIN/SOUTHSIDE

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

Tuesday, January 28, 2020 11 - 12:30 p.m.  
Wednesday, February 19, 2020 11 - 12:30 p.m.  
Friday, March 13, 2020 11 - 12:30 p.m.

### NORTHSIDE

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

Friday, February 7, 2020 10 - 11:30 a.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.



### ARLINGTON/BEACHES

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

Monday, January 27, 2020 5:30 - 7 p.m.  
Thursday, February 13, 2020 10 - 11:30 a.m.  
Monday, March 23, 2020 3:30 - 5 p.m.  
Thursday, April 16, 2020 10-11:30 a.m.  
Monday, June 15, 2020 3 - 4:30 p.m.

### ORANGE PARK/CLAY COUNTY

Clay Administrative Office  
4689 US Highway 17, Suite 9  
Fleming Island, FL 32003

Thursday, February 18, 2020 10 - 11:30 a.m.