



Share your grief and soothe your sorrow at our support groups.

OPEN BEREAVEMENT SUPPORT GROUPS

Please contact the Bereavement Department at **904.407.7001** to attend.

McGraw Open Support Group
2nd & 4th Thursdays, 10 a.m. to 11 a.m.
Alexandra Newlon, MS, CMHC

Wednesday Conversations-Virtual
1st & 3rd Wednesday, 3 p.m. to 4 p.m.
Linda Riesterer, LMHC, Bethany Wilcox, LCSW

Chapman Center Open Support Group
2nd & 4th Tuesday, 12 p.m. to 1 p.m.
Jennifer Baran, LCSW

Acosta Rua Open Support Group
2nd & 4th Friday, 12 to 1 p.m.
Angela Atkins, M.ED., LMHC-QS

North Central

Includes: Palatka, Gainesville & Lake City
Contact Bethany Wilcox, LCSW at **352.204.9876** to learn more about group opportunities.

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.

All Community Hospice & Palliative Care bereavement services are free of charge to hospice families for up to 13 months after a loved one's death. Select services are also offered to the community free of charge.



Structured Groups

Spouse Loss Support Group
April 18-June 6
Monday 2 to 3:30p.m.
Karen painter, LMHC, Monique Scavelli, LMHC
Call for Information

Groups that run for 8 weeks. Please call **904.407.7001** to learn more about dates and availability.