



*Share your grief and heal your sorrow at our support groups.*

## **NORTH CENTRAL FLORIDA OPEN BEREAVEMENT SUPPORT GROUPS**

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

**Alachua County Senior Recreation Center**  
**1st & 3rd Friday**, 11 a.m. to 12:15 p.m.  
*Bethany Wilcox, LCSW*

**Columbia County Community Hospice**  
**2nd Thursday**, 3 p.m. to 4:30 p.m.  
*Bethany Wilcox, LCSW*

**Putnam County Library**  
**1st Thursday**, 2 p.m. to 3:30 p.m.  
*Bethany Wilcox, LCSW*

**St. Johns County**  
**Chapman Family Community Campus**  
**2nd & 4th Tuesday**, 12 p.m. to 1 p.m.  
*Jennifer Baran, LCSW*

**VIRTUAL OPEN SUPPORT GROUP**  
**Healing Conversations**  
**1st & 3rd Tuesday** 12 p.m. to 1 p.m.  
*Sarah Proctor, LCSW / Bethany Wilcox, LCSW*

Contact Bethany Wilcox, LCSW at **352.204.9876** to learn more about group opportunities or to register.

## **SUPPORT GROUPS**

Grieving the death of a loved one is never easy, but support from others and sharing your loss can lessen the burden.

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. All services are offered to hospice families for up to 13 months after a loved one's death. Bereavement groups and select services are also offered to the community free of charge.



### **Structured Group**

Groups run 6 or 8 weeks. Please call **904.407.7001** to learn more about dates and availability for our structured groups.