



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.