

UNDERSTANDING GRIEF

A PROGRAM FOR THE NEWLY BEREAVED

Understanding Grief shows how healing is possible after the death of a loved one.

The 1 hour long presentation will help attendees:

- Recognize normal responses to loss
- Identify helpful coping skills
- Understand the importance of self-care

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.

Community Hospice & Palliative Care bereavement services are all free of charge. Most services are available to anyone in the community for up to 13 months after a loved one's death.

If you plan to come please RSVP by sending an email to BWilcox@communityhospice.com or by calling **352.204.9876**.



Find hope through Understanding Grief

Alachua County Senior Recreation

Center 5701 NW 34th Blvd

Gainesville, FL

In collaboration with



Presentation is on the 2nd
Friday **11 a.m. - 12 p.m.**

April, 14th

June, 9th

July, 14th

September, 8th

Columbia County CHPC Office

163 SW Stonegate Terr, Unit 105

Lake City, FL

Presentation is on the 2nd
Thursday **2 p.m. - 3 p.m.**

April, 13th

June, 8th

July, 13th

September, 14th

Putnam County Library

601 College Rd,

Palatka, FL 32177

Presentation is on the 1st
Thursday **12 p.m. - 1 p.m.**

April, 6th

June, 1st

July, 6th

September, 7th

Virtual Programs

Thursday, April 27th 5 p.m. - 6 p.m.

Tuesday, May 30th 12 p.m. - 1 p.m.

Thursday, June 22nd 12 p.m. - 1 p.m.