



We're here to comfort, to care, to listen and support you.

Specialized Workshops and Programs

Understanding Grief

This 90 minute workshop helps participants recognize common grief reactions and learn healthy ways to cope with the pain of their loss. This workshop is especially helpful during the first few months after the death. For adults 18 and older.

Hope for the Holidays

Offered in November and December, this workshop gives suggestions for coping with grief during the holiday season and how to add meaning by including activities to remember our loved ones. For adults 18 and over.

Healing Through Memories: Parent Loss Workshops

Two workshops are offered for adults grieving the death of their parent(s). One for Mother Loss is offered in May, and another in June for Father Loss. Both workshops provide opportunities to reflect on their parent and participant in a healing ritual to honor them.

Grief Relief: A Family Experience (GRAFE)

This day long retreat brings families together to honor their deceased family member, increase communication with each other about the loss and learn how to better support each other. For adults, teens and children ages 6 and older.

Camp Healing Powers®

A therapeutic weekend camp for any child ages 7 to 17 grieving the death of a loved one. Activities are designed to help children identify and express their feelings and learn skills for coping with their grief. The loss cannot be within 90 days of camp attendance and should have occurred within the last two years.

BEREAVEMENT AND COMMUNITY GRIEF SERVICES

If you or someone you know has experienced the death of a loved one, the support of others can play an invaluable role in the healing process. Community Hospice & Palliative Care provides an array of services that can help guide you through your personal grief journey. These services include support groups, specialized programs and classes.

Support Groups

Community Hospice & Palliative Care offers both ongoing bimonthly "attend-as-needed" support groups as well as a closed (attend all sessions) eight-week group series. All groups are led by our bereavement counselors and offered at a variety of times and locations.

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.

Please call **904.407.7001** to obtain grief and bereavement literature or to learn more about the programs offered. View our full schedule of bereavement services at
Calendar.CommunityHospice.com.



Grief Literature

Understanding Grief, Loss and Bereavement

Approaching Loss: A Practical Checklist- Helps survivors with administrative details after a death.