



GRIEF RELIEF: A FAMILY EXPERIENCE

SHARE YOUR GRIEF, SOOTHE YOUR SORROW.

When a loved one dies, all family members are affected. Each person grieves the loss in his or her unique way and in his or her own time. Because of this, many families struggle to find the words to communicate openly with one another.

To help families work together as they grieve, Community Hospice & Palliative Care hosts Grief Relief: A Family Experience. This daylong family workshop helps children, teens, parents and grandparents to:

- Define what the loss means to them
- Identify their feelings
- Develop healthy coping skills
- Learn how to provide emotional support within the family system

The workshop will include exercises and discussions to generate open family dialogue and promote healing.

Saturday, Oct. 21, 2017
10 a.m. to 3 p.m.

Camp Chowenwaw Park
1517 Ball Road
Green Cove Springs, FL 32043

Workshop eligibility:

- Family loss should be more than 30 days
- Participants must be at least 6 years old
- There is a refundable deposit of \$35 per family
- Pre-registration is required

To register, please call Marilyn Jones, LMHC, bereavement and community grief manager, at **904.407.6124**.

Space is limited. Register by Thursday, Oct. 12.

Presented by:

