



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

Community Programs and Resources

Understanding Grief

Because griever's often ask "Is this normal?" and "What can I expect?" Community Hospice developed *Understanding Grief*, a specialized 90 minute workshop to help individuals answer these questions. The workshop helps participants recognize common grief reactions, as well as identify positive ways to cope with the loss. Participants must be 18 years of age or older, and the death should have occurred within 90 days of program attendance.

Hope for the Holidays

This workshop during the holiday season (November – December) helps attendees reflect on their loss, cope with grief reactions and restore a sense of hope for the upcoming season, including ways to refocus energy on positive activities and rituals to honor and to remember loved ones. Participants should be at least 18 years of age or older.

Camp Healing Powers®

A therapeutic weekend camp, it is open to any child between the ages of 7 and 17 who is grieving the death of a loved one. Camp activities are designed to help children identify and express their feelings and learn skills to navigate through the grief journey. To attend camp, the loss cannot be within 90 days of camp attendance and should have occurred within the last two years.

Grief Literature

Community Hospice provides grief literature designed to help those who have experienced the death of a loved one:

- ***Understanding Grief, Loss and Bereavement*** – an informational booklet to help you cope and understand emotions following the death of a loved one.
- ***Approaching Loss: A Practical Checklist*** – an important pamphlet to help survivors handle the administrative details after a death.

These programs are free of charge due to the support of our community partners, donors and the efforts of the Community Hospice Foundation.

GRIEF AND BEREAVEMENT 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 of Northeast Florida provides an array of services that can help guide you through your personal grief journey.

Individual and Family Counseling Services

Community Hospice bereavement counselors offer individual and family therapeutic grief counseling for adults and children in Northeast Florida. Our counselors have experience supporting a variety of losses, including sudden traumatic death.

Therapeutic Support Groups

Community Hospice offers therapeutic grief support groups several times throughout the year. The eight-week series covers common grief reactions, coping strategies and ways to stay connected to your loved one. The groups are offered in Clay, Duval, Nassau and St. Johns counties.

Please call **904.407.7001** to obtain grief and bereavement literature or to learn more about the programs offered.

