

JANUARY 2019

Good Shepherd Hospice Bereavement and Support Group Programs



GOOD SHEPHERD
HOSPICE
A Chapters Health® Affiliate

After losing a loved one, some survivors may find that the pain associated with that loss doesn't lessen with time. Support groups provide a safe place to express feelings, share experiences, learn about grief and move ahead in the grief process. Good Shepherd Hospice provides various support groups throughout the year. We hope you will take advantage of the group that best suits your needs and circumstances.

You do not have to be the loved one of a hospice patient to participate in these support groups. We are pleased to offer all of our programs to anyone residing in Polk, Highlands or Hardee County who has experienced the death of a loved one. All support groups are provided at no charge to participants. For more info and to register for support groups, please call 863-968-1739 or 1-800-464-3994 or visit the calendar at www.chaptershealth.org.

Polk County

Adult Grief Support Groups

Open-ended support groups for adults grieving the loss of a loved one

Thursday, January 3

10:30 a.m. – noon

Lake Ashton Health and Wellness Center
6052 Pebble Beach Blvd., Winter Haven

Thursdays, January 10 & 24

10:30 a.m. – noon

Hawthorne Inn of Lakeland
6150 Lakeland Highlands Rd., Lakeland

Thursdays, January 10 & 24

5:30 – 7 p.m.

Lakeland Hospice House
3450 Lakeland Hills Blvd., Lakeland

Tuesday, January 15

10:30 a.m. – noon or 5:30 – 7 p.m.

The Way at Inwood Church
1302 33rd Street NW, Winter Haven

Wednesday, January 16

2 – 3:30 p.m.

Savannah Court
301 Peninsular Dr., Haines City

Monday, January 21

10:30 a.m. – noon

Water's Edge of Lake Wales
10 Grove Ave. W., Lake Wales

Grupo de apoyo en español para adultos que desean superar pérdida y duelo

Spanish-Speaking Adult Grief Support Group

Martes, 22 de enero

5:30 – 7 p.m.

Lakeland Hospice House
3450 Lakeland Hills Blvd., Lakeland

Child & Teen Support Group

A support group for children and teens, ages 5 to 17 (at least one parent/guardian must attend)

Thursdays, January 3 & 17

6 – 7:30 p.m.

Bethany Center, 450 Arneson Ave., Auburndale

Loss of an Adult Child

For parents grieving the loss of a child, age 18+

Monday, January 7

4:30 – 6 p.m.

Forsythe Hospice House
450 Arneson Ave., Auburndale

Survivors of Suicide Support Group

An open-ended support group specifically for survivors whose loved ones have died by suicide

Tuesday, January 15

5:30 – 7 p.m.

Lakeland Hospice House
3450 Lakeland Hills Blvd., Lakeland

Young Adult Support Group

An open-ended support group specifically for young adults, ages 19 to 35

Tuesday, January 22

5:30 – 7 p.m.

Lakeland Hospice House
3450 Lakeland Hills Blvd., Lakeland

Coming Soon: Camp Brave Heart

A weekend camp for children, ages 6 to 16 years of age (see enclosed flyer for more info). Applications available the first week of January.

April 5 – 7, Circle F. Dude Ranch, Lake Wales

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Highlands County

Adult Grief Support Groups

Open-ended support groups for adults grieving the loss of a loved one

Tuesdays, January 8 & 22

5:30 – 7 p.m.

Good Shepherd Hospice Sun Room
3003 Herring Ave.
Sebring

Wednesdays, January 9 & 23

10:30 a.m. – noon

Good Shepherd Hospice Sun Room
3003 Herring Ave.
Sebring

Child & Teen Support Group

A support group for children and teens, ages 5 to 17 (at least one parent/guardian must attend)

Thursdays, January 10 & 24

6 – 7:30 p.m.

Good Shepherd Hospice Sun Room
3003 Herring Ave.
Sebring

Coming Soon

Camp Brave Heart

A weekend camp for children, ages 6 to 16 years of age (see enclosed flyer for more info). Applications available the first week of January. Please call 863-968-1739 for more info.

April 5 – 7

Circle F. Dude Ranch
Lake Wales

Hardee County

For more information about grief support in Hardee County or to schedule an appointment, please contact Angel Sanders at 863-402-1066 or 1-800-464-3994.

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Volunteering at Good Shepherd Hospice

There are so many opportunities to share your unique talents and skills. Every service can have a profound effect on the people we care for. A few ways you can make a difference: patient/family support, office assistance, children's grief services, veterans program, community outreach. For more information, call 1-800-464-3994 to speak to a Volunteer Services representative.

Preregister for support groups on the Calendar at www.chaptershealth.org.