

# DECEMBER 2018

## LifePath Hospice Bereavement and Support Group Programs



LIFEPATH  
HOSPICE

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After the loss of a loved one, some survivors may find the pain associated with their loss doesn't lessen with time. Individual grief counseling and support groups provide a safe place to express feelings, share experiences, learn about grief and move ahead in the process. LifePath Hospice provides various support groups and individual counseling. It is our hope that you will take advantage of the programs that best suit your particular needs and circumstances.

You don't have to be the loved one of a LifePath Hospice patient to participate in these support services. We are pleased to offer our programs to anyone residing in Hillsborough County who has experienced the death of a loved one. Preregistration is required for all offerings. For more information and to register for support groups, please call 813-877-2200 or visit the calendar at [www.chaptershealth.org](http://www.chaptershealth.org).

### **New Beginnings Adult Grief Support Groups**

Eight-week support groups for adults grieving the loss of a loved one. For more information, visit the Calendar at [www.chaptershealth.org](http://www.chaptershealth.org) or call 813-877-2200. We make every effort to accommodate your group preference, but please be aware that the group size is limited.

#### **Temple Terrace**

Thursdays, Jan. 3 – Feb. 21, 6 – 7:30 p.m.

#### **South Tampa**

Mondays, Jan. 7 – Feb. 25, 10 – 11:30 a.m.

#### **Sun City Center**

Mondays, Jan. 7 – Feb. 25, 2 – 3:30 p.m.

#### **Carrollwood**

Thursdays, Jan. 10 – Feb. 28, 2 – 3:30 p.m.

#### **Brandon**

Tuesdays, Jan. 15 – March 5, 6 – 7:30 p.m.

#### **Plant City**

Thursdays, Jan. 17 – March 7, 10:30 a.m. – noon

### **Circle of Love Center**

Providing support for young grievors ages 3 to 18 and their families

#### **Tampa**

*Tuesdays or Thursdays*

Dec. 11 or 13, and Jan. 8 or 10, 6 – 7:30 p.m.

#### **Ruskin – New Group!**

Dec. 4 & 18, and Jan. 8 & 22, 6 – 7:30 p.m.

### **Circle of Love Holiday Party!**

**South Tampa** Pre-registration is required.

Wednesday, December 5, 6 – 7:30 p.m.

### **Grieving Through the Holidays**

This one-night event discusses positive ways to more successfully cope with the increased grief of the holiday season. Please call 813-877-2200 for more information and to sign up.

**Brandon** Thursday, December 6, 6 – 7:30 p.m.

**Plant City** Friday, December 14, 10:30 a.m. – noon

**Carrollwood** afternoon workshop – please call 813-877-2200 for more information.

### **Ongoing Specialty Bereavement Support Groups**

These specialized support groups can be joined at any time. Please call with questions or to register.

#### **Young Adult Support Group**

Providing support in a social environment for young adults ages 18-30

#### **Tampa**

December 4 & 18 and January 15, 6 – 7:30 p.m.

#### **Suicide Loss Support Group**

Providing support to those who have lost a loved one to suicide

#### **South Tampa**

*Second and fourth Tuesdays*

Jan. 8 & 22 and Feb. 12 & 26, 6 – 7:30 p.m.

#### **Aston Gardens Support Group**

Providing support to the community and residents who have lost a loved one

#### **Aston Gardens of Tampa/Westchase**

*Second and fourth Mondays*

Jan. 14 & 28 and Feb. 11 & 25, 10 – 11:30 a.m.

### **Loss of a Child and Loss of a Child Due to Addiction Support Groups**

#### **Temple Terrace**

Call 813-877-2200 for details.