

# JANUARY 2019

## LifePath Hospice Bereavement and Support Group Programs



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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.

#### **Sun City Center**

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

#### **South Tampa – Memorial Hospital**

Mondays, Jan. 7 – Feb. 25, 6 – 7:30 p.m.

#### **Northwest – 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**

Ongoing support group meetings for young grievers ages 3 to 18 and their families.

#### **Tampa**

Tuesdays or Thursdays  
January 8 or 10, and 22 or 24, 6 – 7:30 p.m.

#### **New Group - Southern Hillsborough!**

*Circle of Love South Shore will be held at a new location in Apollo Beach in January. Please call for more info and to register.*

January 8 & 22, February 12 & 26, 6 – 7:30 p.m.

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

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

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

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

#### **South Tampa – Memorial Hospital**

*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.

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

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

#### **Tampa**

Tuesdays, Jan. 15, Feb. 5 & 19, 6 – 7:30 p.m.

#### **Loss of a Child Support Group**

#### **Temple Terrace**

Call 813-877-2200 for details.

### **Camp Circle of Love**

Camp Circle of Love will be held **March 22-24**. Camp is for children ages 6 to 18 who have experienced the loss of a loved one.

#### **We are now accepting camper applications!**

Please call Corinne Gaertner at 813-357-5671 for more details

# Camp Circle of Love Helps Grieving Children Heal

March 22 – 24, 2019 will be the 27<sup>th</sup> annual Camp Circle of Love at Lakewood Retreat in Brooksville! Camp is open to children, ages 6 to 18, in Hillsborough County who have lost a loved one. More than 100 children and teens attend camp, which is supported by more than 100 volunteers and staff members.

Why is camp so important to grieving children? After experiencing the death of a loved one and the grief that follows, children may begin to feel outcast from their normal social groups and vulnerable and anxious around their peers. The camp environment fosters friendships and pro-social behaviors and builds an atmosphere of healing that helps children focus on understanding their grief, recognizing the beauty of life and building positive relationships with others facing similar challenges. The camp environment also fosters an atmosphere free from distractions by placing children in nature in an electronics-free setting. Children are able to focus on how they are feeling, understand why and learn how to move toward healing and growth.

At camp, children participate in a variety of activities, including writing letters to their loved ones and sharing them with their cabins. In the camp's group-centered environment, children play, create, share meals and overcome challenges with campers from all over the county who are facing similar struggles. By forming these new bonds of friendship, campers realize they are not alone in their grief and that there is no limit to what can be overcome by working together with others.

Therapy animals play a part in camp as well. Often when campers might not be willing to share their thoughts and feelings with camp staff, the friendly presence and warm embrace of a therapy animal helps them open up and communicate what they're feeling.



Our special ceremony at the memorial is the most emotional and transformative time at camp. After the memorial, Giving Tree Music leads campers in a drum circle to help lighten the mood and bring the event to a close. To finish out the evening, we have a dance party.

Sunday, cabins take time to celebrate the growth of each participant, receive medals and take a group photo. During the closing ceremony, each cabin puts on a song or skit to show what the weekend meant to them.

Volunteers are at the heart of camp! If you are interested in volunteering at Camp Circle of Love, please go [www.chaptershealth.org](http://www.chaptershealth.org) (under Volunteer, go to Children's Camps Volunteers) or call 813-877-2200 and ask for Volunteer Services.

We offer ongoing support year-round through our Circle of Love program at our children's grief center. You can get more information about camp and the ongoing programs by calling us at 813-877-2200 and asking for Corinne Gaertner. Camper applications are also available online at [www.chaptershealth.org](http://www.chaptershealth.org) (under Services, go to Grief Services/Circle of Love Center/Camp Circle of Love) and look for the camper application.



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