

# FEBRUARY 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](http://www.chaptershealth.org).

### Polk County

#### Adult Grief Support Groups

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

##### Tuesdays, February 5 & 19

10:30 a.m. – noon or 5:30 – 7 p.m.

The Way at Inwood Church  
1302 33<sup>rd</sup> Street NW, Winter Haven

##### Thursday, February 7

10:30 a.m. – noon

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

##### Mondays, February 11 & 25

10:30 a.m. – noon

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

##### Thursdays, February 14 & 28

10:30 a.m. – noon

Hawthorne Inn of Lakeland  
6150 Lakeland Highlands Rd., Lakeland

##### Thursdays, February 14 & 28

5:30 – 7 p.m.

Lakeland Hospice House  
3450 Lakeland Hills Blvd., Lakeland

##### Wednesday, February 20

2 – 3:30 p.m.

Savannah Court  
301 Peninsular Dr., Haines City

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

*Spanish-Speaking Adult Grief Support Group*

##### Martes, 5 de febrero

5:30 – 7 p.m.

Lakeland Hospice House  
3450 Lakeland Hills Blvd., Lakeland

#### Loss of an Adult Child

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

##### Monday, February 4

4:30 – 6 p.m.

Forsythe Hospice House  
450 Arneson Ave., Auburndale

#### Child & Teen Support Group

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

##### Thursdays, February 7 & 21

6 – 7:30 p.m.

Bethany Center, 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, February 19

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, February 26

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. Please call 863-968-1739 for more information.

**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, February 12 & 26

5:30 – 7 p.m.

Good Shepherd Hospice Sun Room  
3003 Herring Ave.  
Sebring

#### Wednesdays, February 13 & 27

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, February 14 & 28

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. Please call 863-968-1739 for more information.

#### 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.

### 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](http://www.chaptershealth.org).**