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**
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.

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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.

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.