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, August 1**
10:30 a.m. – noon
Lake Ashton Health and Wellness Center
6052 Pebble Beach Blvd., Winter Haven

**Tuesdays, August 6 & 20**
10:30 a.m. – noon or 5:30 – 7 p.m.
The Way at Inwood Church
1302 33rd Street NW, Winter Haven

**Thursdays, August 8 & 22**
10:30 a.m. – noon
Hawthorne Inn of Lakeland
6150 Lakeland Highlands Rd., Lakeland

**Thursdays, August 8 & 22**
10:30 a.m. – noon or 5:30 – 7 p.m.
Lakeland Hospice House
3450 Lakeland Hills Blvd., Lakeland

**Mondays, August 12 & 26**
10:30 a.m. – noon
Water’s Edge of Lake Wales
10 Grove Ave. W., Lake Wales

**Wednesday, August 21**
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, 6 de agosto**
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, August 5**
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)

**Thursday, August 8**
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, August 20**
5:30 – 7 p.m.
Lakeland Hospice House
3450 Lakeland Hills Blvd., Lakeland

**Volunteering at Good Shepherd Hospice**

There are so many opportunities to share your unique talents and skills. For more information, call 863-551-3943 or visit www.chaptershealth.org.
AUGUST 2019
Good Shepherd Hospice Bereavement and Support Group Programs

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Highlands County

Adult Grief Support Groups
Open-ended support groups for adults grieving the loss of a loved one

Tuesdays, August 13 & 27
5:30 – 7 p.m.
Good Shepherd Hospice Sun Room
3003 Herring Ave.
Sebring

Wednesdays, August 14 & 28
10:30 a.m. – noon
Good Shepherd Hospice Sun Room
3003 Herring Ave.
Sebring

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 or visit www.chaptershealth.org.

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