

SEPTEMBER 2019

LifePath Hospice Bereavement and Support Group Programs



LIFEPATH
HOSPICE

A Chapters Health® Affiliate
Licensed Since 1983

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.

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 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, Oct. 17 – Nov. 21, 6 – 7:30 p.m.

Sun City Center

Mondays, Oct. 21 – Dec. 9*, 1 – 2:30 p.m.

Brandon

Tuesdays, Oct. 22 – Dec. 10, 6 – 7:30 p.m.

South Tampa

Tuesdays, Oct. 22 – Dec. 10, 6 – 7:30 p.m.

Plant City

Thursdays, Oct. 24 – Dec. 12, 10:30 a.m. – noon

Carrollwood

Thursdays, Oct. 24 – Dec. 19*, 2 – 3:30 p.m.

**No meeting the week of Thanksgiving*

Circle of Love Center

Providing support for young grievers ages 3 to 18 and their families.

Tampa

Second and fourth Tuesdays or Thursdays
September 10 or 12, 24 or 26
October 8 or 10, 22 or 24
6 – 7:30 p.m.

Apollo Beach

Second and fourth Tuesdays
September 10 & 24 and October 8 & 22
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.

Young Adult Support Group

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

Tampa

First and third Tuesdays

September 3 & 17 and October 1 & 15
6 – 7:30 p.m.

Suicide Loss Support Group

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

South Tampa – Memorial Hospital

Second and fourth Mondays

September 9 & 23 and October 14 & 28
6 – 7:30 p.m.

Aston Gardens Support Group

Providing support to Tampa community and residents

Aston Gardens of Tampa/Westchase

Second and fourth Mondays

September 9 & 23 and October 14 & 28
10 – 11:30 a.m.

Advent Hospital Support Group

Providing support to the Tampa community

Advent Hospital – Carrollwood

Second and fourth Tuesdays

September 10 & 24 and October 8 & 22
6:15 – 7:45 p.m.

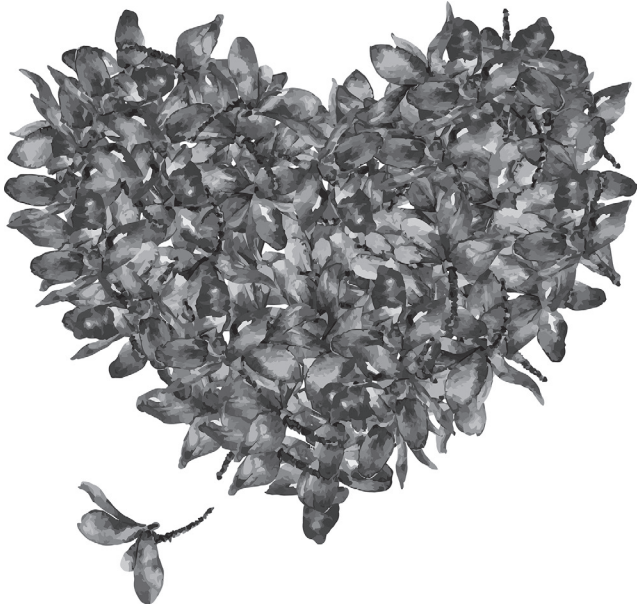
Loss of a Child Support Group

Providing support for the loss of minor and adult children

Temple Terrace Call 813-877-2200 for details.

How Can Hospice Support Groups Benefit You?

After the loss of a loved one, we usually experience a lot of emotions. Feelings that do not always seem familiar to us can cause us to act out of character and make us feel like our personality has changed.



Grief can affect every part of us. It can affect us cognitively, the way we think and see things. We can become more emotional over things that didn't bother us before. Grief can affect us physically, feeling run down or getting sick more often than usual. Grief can affect us spiritually, making us question what we believe in. We all can benefit from a support system as we journey through the grief process. Family and friends are important, but unless they have experienced a close personal loss, they can have a difficult time understanding what you are going through. No one has to go through the grief process alone.

Grief support groups can be a good place to start. They offer companionship with others who have experienced similar losses and are dealing with the challenges that grief brings. Not everyone's loss is the same. Being part of a grief support group helps reduce the sense of isolation and connects survivors with others who are walking this journey. In a group setting, you have the opportunity to share your feelings and bond with others going through the grief process. You will hear about their loss and how it has affected them. In return, you will feel less alone and be able to open up about

your loss. Helping others can be a big support to a person dealing with a loss. Sometimes, when we help others, it helps us in our own grief process.

Attending a grief group can be scary. That's okay. Many other group participants feel the same. When you attend a LifePath Hospice grief support group, you will find the following things:

- Groups are conducted by grief counselors who have expertise in the areas of loss and recovery.
- Grief groups are closed, eight-week groups that meet once a week.
- They are offered at no cost to participants.
- The group environment is confidential, supportive and non-judgmental.
- Groups allow a sense of connection to others who have experienced loss.

In addition, grief support groups will allow you to:

- Learn new coping skills that contribute to the healing process.
- Meet others who are grieving and understand what you are going through.
- Learn what has helped others with their grief.
- Discover new traditions and ideas to keep your loved ones present in your hearts and minds.
- Share how family and friends have reacted to your loss and how it has made you feel.
- Learn how to give yourself permission to grieve, and understand there is no time limit on grief. It is a life-long journey, and self-care is vital in promoting healing while navigating the grief process.

We hope you choose to attend a grief support group. You don't have to be the loved one of a LifePath Hospice patient to participate in these services. For more details on grief support, please call the Bereavement Department at 813-877-2200.



LIFEPATH
HOSPICE

A Chapters Health® Affiliate

www.chaptershealth.org