

# 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.

For more information and to register, please call us at 813-877-2200 or visit the calendar at [www.chaptershealth.org](http://www.chaptershealth.org).

All bereavement services are offered at no cost to participants. Grief counseling is not only offered to our hospice families but is open to all Hillsborough County residents who have experienced the death of a loved one. Pre-registration is required.

## Individual Counseling During COVID-19

At LifePath Hospice, we continue to provide grief support for bereaved family and friends during this difficult time. Individual counseling with a bereavement specialist is available through Zoom video or over the phone. Please call for more information and to register.

## Adult Grief Support Groups

Due to COVID-19, we have temporarily suspended in-person support groups at our office locations.

These groups are currently provided in Zoom video or conference call formats and can be joined at any time. These support groups are for adults grieving the loss of a loved one.

### Mondays

10 – 11:30 a.m.

1 – 2:30 p.m.

### Tuesdays

6 – 7:30 p.m.

### Thursdays

10:30 a.m. – noon

2 – 3:30 p.m.

6 – 7:30 p.m.

## Specialty Grief Support Groups

These groups cater to specific types of loss and 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

First and third Tuesdays, 6 – 7:30 p.m.

### Loss of a Child Support Group

Providing support for the loss of minor and adult children. Call 813-877-2200 for details.

## Circle of Love Center

Providing support for young grievers ages 3-18 and their families. Please call to register and join our Zoom calls for a grief activity, parent/guardian support and visiting with our grief center team!

### Second and fourth

### Tuesday and Thursday evenings

6:15 – 7:30 p.m.

Please call for scheduling information.

## Camp Circle of Love

Due to COVID-19, Camp Circle of Love has been tentatively rescheduled for **August 28-30**. Please call for more information.

# Ideas for Coping through These Difficult Times

By Ashley Hertzog, Bereavement Specialist

I sit here trying to find the right words today. There is hurt in the world. We are experiencing so many current losses, both on personal and collective levels. The world of grief has expanded beyond what I envisioned. We may be grieving personal losses or hurting for a grieving world. People are losing loved ones to everyday illnesses, as well as to COVID-19.



We are also grieving for normalcy, for the known fabric of our lives, much like the way we grieve when a loved one is taken away from us through death. We mourn for the past, the present and the future. We are yearning for our usual customs and rituals, like having a funeral, visiting a loved one in a nursing home or hospital, or sitting vigil as someone takes their last breath. We are missing our loved ones who we are unable to see and spend time with during these current events. And if you are grieving the death of a loved one, it can feel like a double whammy: missing that person and the important rituals of saying goodbye.

Why are we grieving for these things? The only word that comes to mind today is love, for it is the counterpart to grief. We love those who we are missing. It helps to remember that no matter what happens, love cannot be taken away. If someone is near or far or if someone has died (whether we are able to have a funeral/memorial service or

not), the love shared can never be taken away. Love never dies.

Yet the stress and grief we are feeling now requires extra coping strategies. Here are a few ideas to help you cope during this time:

- Be mindful to take extra good care of yourself.
- Stay hydrated, make sure you are eating, go into nature for a walk, and be sure to rest.
- Don't worry so much about the to-do list, as long as you are taking care of yourself.
- Create a safe space in your home as part of a self-care routine.
- Allow yourself to grieve.
- Find meaningful ways to connect to others through phone calls, cards or sending gifts.
- Discover new ways to memorialize someone who has died. Make a photo album or share an online photo album.
- Practice mindfulness or prayer.
- Be thankful and look for the good, even in the midst of staying informed and hearing bad news.
- Create a support system.
- Lastly and importantly, reach out for help. If you are feeling depressed or anxious, talk to a friend or find a professional counselor.
- If you are grieving the death of a loved one, reach out to LifePath Hospice for grief counseling. Accessing support is a crucial part of any healing process.

For more details on grief support, please call the Bereavement Department at 813-877-2200.



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