

# JULY 2018

## 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, July 3 & 17

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, July 5

10:30 a.m. – noon

Lake Ashton Health and Wellness Center

6052 Pebble Beach Blvd.

Winter Haven

##### Thursdays, July 12 & 26

10:30 a.m. – noon

Saint David's Episcopal Church

145 E. Edgewood Dr.

Lakeland

##### Thursdays, July 12 & 26

5:30 – 7 p.m.

Lakeland Hospice House

3450 Lakeland Hills Blvd.

Lakeland

##### Wednesday, July 18

2 – 3:30 p.m.

Savannah Court, 301 Peninsular Dr.

Haines City

##### Monday, July 23

10:30 a.m. – noon

Water's Edge of Lake Wales

10 Grove Ave. W.

Lake Wales

#### Grupo de apoyo al duelo para adultos que hablan español

*Spanish-Speaking Adult Grief Support Group*

##### Martes, 3 de julio, 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, July 2

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, July 5

6 – 7:30 p.m.

Bethany Center

450 Arneson Ave.

Auburndale

#### 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 863-551-3943 to speak to a Volunteer Services representative or visit [www.chaptershealth.org](http://www.chaptershealth.org).