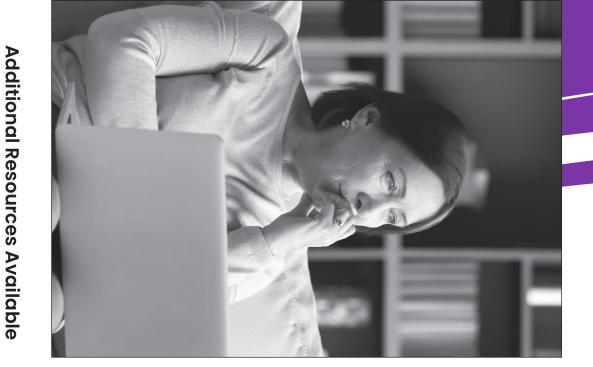
everyone needs different support and/or information at different times Suncoast Hospice's bereavement professionals have created additional resources to help. Visit suncoastHospice.org/Grief to find

The grief experience is personal and



Grief Support Grief January-Mara





Grief Support Groups

January-March 2024

Suncoast Hospice invites you to participate in one of our grief support groups. These groups are designed to provide you support after the loss of someone important to you. Grieving is a uniquely personal experience and many people find comfort, hope and strength by coming together with others to remember loved ones.

Our groups are open to those who cared for and/or the immediate family members of those who were under the care of Suncoast Hospice and anyone in our community who has experienced a loss. The groups are generally six-weeks long and are facilitated by trained and experienced counselors. There is no cost for these groups. We also provide special educational workshops and community memorial services at various times during the year.

Please take some time to review this brochure and select a group that suits your needs. A new schedule is mailed quarterly throughout the year. We hope you find a group at a time and location convenient to you.

For the safety of our participants, staff and volunteers: Masks may be required and group size may be limited based on the size of the room to provide physical distancing.

To register for a group, call our registration line at (727) 549-7133. Individual counseling is available through the Bereavement and Empath Grief Care programs. Call (727) 549-7133 for more information.

We are here to support you through your journey of healing.



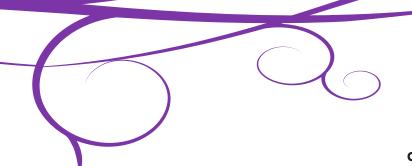






Grief Support Groups

January-March 2024



Registration Required Call (727) 549-7133 to Register

Please notify us if there are special accommodations or assistance you will need.

To respect the group process, new members are not admitted after the second session. Individual counseling is available.

NORTH COUNTY GROUPS

Adult Loss of Parent

January 23–February 27 Tuesdays, 6:00 pm–8:00 pm

Community Service Center Gathering Place, Room 1 2675 Tampa Rd., Palm Harbor, 34684 Facilitator: Joe Bixler, LCSW

Spouse Loss Retirement Years

February 2–March 8 Fridays, 10:00 am–Noon

Hale Activity Center 330 Douglas Ave., Dunedin, 34698 Facilitator: Michelle Rock, LCSW

Spouse Loss Working Years

February 5–March 11 Mondays, 6:00 pm–8:00 pm

Community Service Center Gathering Place, Room 1 2675 Tampa Rd., Palm Harbor, 34684 Facilitator: Angel Reale, LMHC

General Grief and Loss

February 6-March 12 Tuesdays, 10:00 am-Noon

Community Service Center Gathering Place, Room 1 2675 Tampa Rd., Palm Harbor, 34684 Facilitator: Christopher Durina, Psy.D.

Spouse Loss Retirement Years

March 4–April 8 Mondays, 10:00 am–Noon

Community Service Center Gathering Place, Room 1 2675 Tampa Rd., Palm Harbor, 34684 Facilitator: Stephany Weaver, LCSW

MID-COUNTY GROUPS

Adult Loss of Parent

January 4–February 8 Thursdays, 6:00 pm–8:00 pm

Community Service Center Gathering Place, Room A 5771 Roosevelt Blvd., Clearwater, 33760 Facilitator: Althea Jackasal, MSW

Spouse Loss Retirement Years

January 24–February 28 Wednesdays, 10:00 am–Noon

Community Service Center Garden House 5771 Roosevelt Blvd., Clearwater, 33760 Facilitator: Michelle Eaton, LCSW

Sudden Loss

January 26-March 1 Fridays, 5:30 pm-7:30 pm

Community Service Center Community Counseling Room 1 5771 Roosevelt Blvd., Clearwater, 33760 Facilitator: Melissa Valentine, LCSW, and Cassandra Szarejko, LMHC

Spouse Loss Working Years

January 31–March 6 Wednesdays, 6:00 pm–8:00 pm

Community Service Center Garden House 5771 Roosevelt Blvd., Clearwater, 33760 Facilitator: Heather Bishop, LMHC

General Grief & Loss

February 1–March 7 Thursdays, 9:30 am–11:30 am

Community Service Center Gathering Place, Room A 5771 Roosevelt Blvd., Clearwater, 33760 Facilitator: Christina Knowles, LCSW

Loss of Adult Child

February 29–April 4 Thursdays, 10:00 am–Noon

Community Service Center Gathering Place, Room West 5771 Roosevelt Blvd., Clearwater, 33760 Facilitator: Dwight Douglass, LCSW

SOUTH COUNTY GROUPS

Adult Loss of Parent

January 15–February 19 Mondays, 6:00 pm–8:00 pm

Community Service Center Gathering Place, Room 112D 3050 1st Ave. S., St. Petersburg, 33712 Facilitator: Michelle Parasole, LCSW

Spouse Loss Retirement Years

January 23–February 27 Tuesdays, 2:00 pm–4:00 pm

Community Service Center Training Room 126 3050 1st Ave. S., St. Petersburg, 33712 Facilitator: Edith Gunter, PhD, LCSW

Spouse Loss Working Years

January 24–February 28 Wednesdays, 6:00 pm–8:00 pm

Community Service Center Gathering Place, Room 112B 3050 1st Ave. S., St. Petersburg, 33712 Facilitator: Paul Lomangino, LCSW

General Grief and Loss

February 6-March 12 Tuesdays, 6:00 pm-8:00 pm

Community Service Center Gathering Place, 112F 3050 1st Ave. S., St. Petersburg, 33712 Facilitator: Dee Brandon, cPhD, MSW, MCP

