



# 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.



## Additional Resources Available

The grief experience is personal and 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](https://SuncoastHospice.org/grief) to find an extra layer of support.



Grief

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**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