

## Grief Support Groups October–December 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.

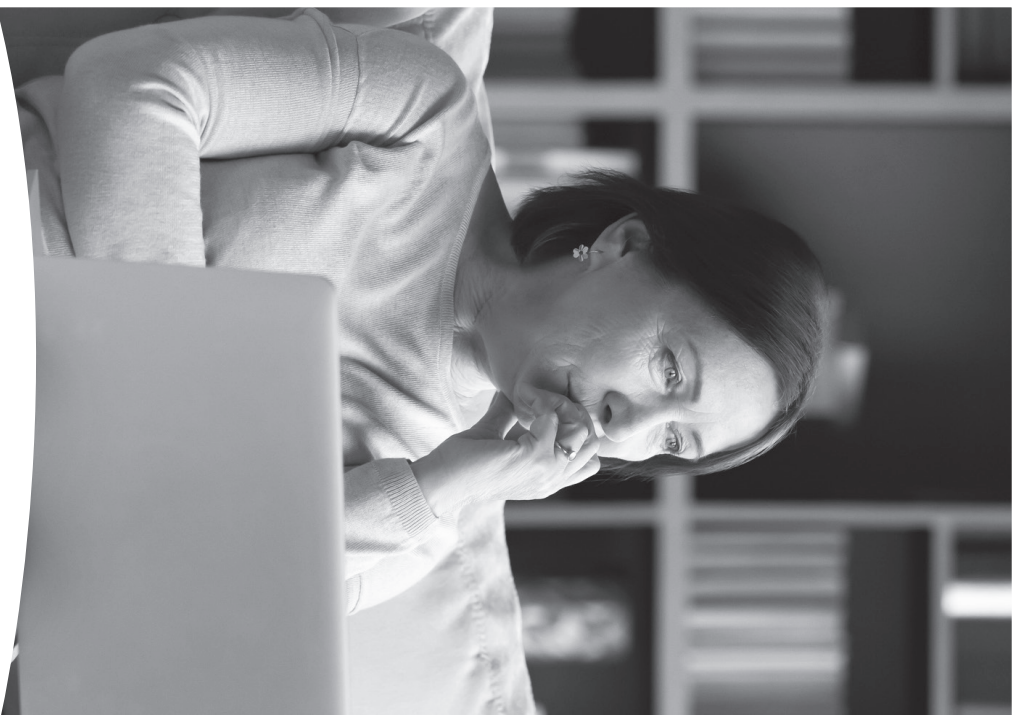
Please take some time to review this brochure and select a group that suits your needs. A new schedule is mailed quarterly throughout the year. We hope you find a group at a time and location convenient to you.

**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.

 **empath**  
**SUNCOAST HOSPICE**

SHPC-24-0621



### **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 Support Groups

**October–December 2024**



5771 Roosevelt Boulevard  
Clearwater, FL 33760  
(727) 467-7423 • [EmpathHealth.org](https://EmpathHealth.org)

## Grief Support Groups

October–December 2024

### NORTH COUNTY GROUPS

#### Spouse Loss Working Years

October 9–November 13

Wednesdays, 6:00 pm–8:00 pm

Community Service Center

Gathering Place, Room 1

2675 Tampa Rd., Palm Harbor, 34684

Facilitator: Cassandra Szarejko, MS, LMHC, ATR

#### Spouse Loss Retirement Years

October 10–November 14

Thursdays, 2:00 pm–4:00 pm

Community Service Center

Gathering Place, Room 1

2675 Tampa Rd., Palm Harbor, 34684

Facilitator: Cassandra Szarejko, MS, LMHC, ATR

#### Spouse Loss Retirement Years

October 15–November 19

Tuesdays, 9:00 am–11:00 am

Community Service Center

Gathering Place, Room 1

2675 Tampa Rd., Palm Harbor, 34684

Facilitator: Midori Kimara, RCSWI, MSW

#### General Grief and Loss

October 16–November 20

Wednesdays, 6:00 pm–8:00 pm

Community Service Center

Gathering Place, Room 2

2675 Tampa Rd., Palm Harbor, 34684

Facilitator: Karen Olsen, LCSW

#### Adult Loss of Parent

October 31–December 12

(No meeting November 28)

Thursdays, 6:00 pm–8:00 pm

Community Service Center

Gathering Place, Room 1

2675 Tampa Rd., Palm Harbor, 34684

Facilitator: Joe Bixler, LCSW

### MID-COUNTY GROUPS

#### General Grief & Loss

October 3–November 7

Thursdays, 3:00 pm–5:00 pm

Community Service Center

Garden House

5771 Roosevelt Blvd., Clearwater, 33760

Facilitator: Giovanni Bordignon, LMHC

#### Spouse Loss Retirement Years

October 8–November 12

Tuesdays, 1:00 pm–3:00 pm

Community Service Center

Garden House

5771 Roosevelt Blvd., Clearwater, 33760

Facilitator: Dwight Douglass, LCSW

#### Spouse Loss Working Years

October 9–November 13

Wednesdays, 6:00 pm–8:00 pm

Community Service Center

Garden House

5771 Roosevelt Blvd., Clearwater, 33760

Facilitator: Dwight Douglass, LCSW

#### Adult Loss of Parent

October 10–November 14

Thursdays, 6:00 pm–8:00 pm

Community Service Center

Garden House

5771 Roosevelt Blvd., Clearwater, 33760

Facilitator: Paul Lomangino, LCSW

### SOUTH COUNTY GROUPS

#### General Grief and Loss

October 7–November 11

Mondays, 6:00 pm–8:00 pm

Community Service Center

Gathering Place, Room 112B

3050 1st Ave. S., St. Petersburg, 33712

Facilitator: Michelle Parasole, LCSW

#### Spouse Loss Retirement Years

October 23–November 27

Wednesdays, 2:00 pm–4:00 pm

Community Service Center

Gathering Place, 112B

3050 1st Ave. S., St. Petersburg, 33712

Facilitator: Paul Lomangino, LCSW

#### Adult Loss of Parent

November 7–December 19

(No meeting November 28)

Thursdays, 6:00 pm–8:00 pm

Community Service Center

Gathering Place, Room 112D

3050 1st Ave. S., St. Petersburg, 33712

Facilitator: Darrell Boyd, MSSW, LCSW

#### Spouse Loss Working Years

November 13–December 18

Wednesdays, 6:00 pm–8:00 pm

Community Service Center

Gathering Place, Room 112B

3050 1st Ave. S., St. Petersburg, 33712

Facilitator: Michelle Parasole, LCSW

Registration Required | Call (727) 549-7133 to Register

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

### COPING WITH THE HOLIDAYS

#### North Pinellas

December 6

Friday, 2:00 pm–3:30 pm

Community Service Center

Gathering Place, Rooms 2–3

2675 Tampa Rd., Palm Harbor, 34684

Facilitator: Cassandra Szarejko, MS, LMHC, ATR

#### Mid-Pinellas

November 4

Monday, 6:30 pm–8:00 pm

Community Service Center

Garden House

5771 Roosevelt Blvd., Clearwater, 33760

Facilitator: Dwight Douglass, LCSW

#### South Pinellas

November 19

Tuesday, 2:00 pm–3:30 pm

Community Service Center

Gathering Place, Room 112B

3050 1st Ave. S., St. Petersburg, 33712

Facilitator: Paul Lomangino, LCSW,  
and Michelle Parasole, LCSW