

SUDDENLY ALONE

A daytime group that supports both men and women in various stages of grief. Coordinated by a bereavement specialist, this group allows the participants the opportunity to share thoughts, feelings, and experiences in a caring and supportive environment.

North Area: Sunflower House in the Merritt Square Mall
Thursday, January 5, 2012 2:30 pm

South Area: Hospice office, 1902 Dairy Road, West Melbourne
Tuesday, January 17, 2012 2:30 pm

WORKING THROUGH GRIEF

An evening group that is open to anyone who has experienced a death of a loved one. This is a task oriented group; a workbook is provided for this class. Group will be held at the Dairy Road Office.

Hospice Office, 1902 Dairy Road, West Melbourne
Wednesday, January 4, 2012 6:00pm-7:30pm

MOVING ALONG

A support group, meeting the first Wednesday of the month, for survivors going through the grief process for over a year. Coordinated by a bereavement specialist, Moving Along is a more structured, topic-related group dealing with issues that emerge in the later stages of grief.

Hospice Office, 1902 Dairy Road, West Melbourne
Wednesday, January 4, 2012 2:30 pm

TRANSITIONS & CHANGES IN YOUR LIFE

An open support group that meets the second Monday of the month at the Buena Vida Estates, located at 192 and Doherty.

Monday, January 9, 2012 2:00 pm

SERVICE/CRAFT GROUP

Wqnted: Idea people, teachers, scrapbookers, parents to help create "surprises" for our patients each month. We meet in the Hospice office in Melbourne on the 3rd Wednesday of each month. Newcomers are always welcome!!!

Hospice Office, 1902 Dairy Road, West Melbourne
Wednesday, January 18, 2012 1:00 pm

THE BREAKFAST CLUBS

These social groups offer friendship and fellowship to interested survivors in an informal atmosphere. The Clubs meet at **Chekmarc's Restaurant, 2126**

Harris Avenue NE in Palm Bay, East of Babcock and West of Lipscomb Street on the South side of Palm Bay Road.

Ladies Breakfast - meets the second Monday of the month
Monday, January 9, 2012 9:30 am

Men's Breakfast - meets the third Monday of the month
Monday, January 16, 2012 9:00 am

When grieving the loss of a loved one, many people find adequate support from family members, close friends, religious and civic groups.

Others may not have these relationships or find that such people don't know how to interact with someone who is grieving. In this situation, many turn to either a professional grief counselor or a bereavement group.

While some people seek a bereavement group immediately after the death of a loved one, others wait three to six months or longer.

Hospice of Health First bereavement counselors are here for you. Please consider participating in one or more of the listed groups

Your Survivor Support Team;
Cynthia Koppler
Adele Orlinsky
Karis Willis,
and your *Bereavement Support*
Volunteers

Please note, if you would no longer like to receive this calendar, please call 952-0494 and ask to be removed from the bereavement mailing list.

Hospice
of **HEALTHFIRST**
1900 Dairy Road
West Melbourne, FL 32904

NEW BEGINNINGS NORTH AREA

Social group that meets for lunch, or other activity, once a month. Reservations to lunch and/or activities are required.

Please RSVP to 434-1779 before **1/18/2012**

Thursday, January 19, 2012 11:30 am

Red Lobster (321-453-3520)

215 E. Merritt Island Causeway
Merritt Island

Hospice of Health First
1900 Dairy Road
West Melbourne, FL 32904
321-952-0494

Non-profit Org.
U.S. Postage
PAID
Melbourne, FL
Permit No. 379

Current resident or:

NEW BEGINNINGS SOUTH AREA

Social group that meets for lunch, or other activity, once a month. Reservations to lunch and/or activities are required.

Please RSVP to 434-1779 before **1/13/2012**

Thursday, January 12, 2012

Brevard Zoo Meet in front of zoo at 10:30.

Money will be collected for admission
(\$8.50—No membership cards)

Lunch following at 1:30 at **Uno's Chicago Grill**

Book Sale Thank You

Our recent book sale collected \$289.00. Thanks to all who brought books in and to the following volunteers who helped out during the sale:

Nancy Lee
Wenona Dunlap
Jane Cox
Margaret Estey
Mona Howe
Bill Grinnell
Cathy Campbell
Carol Schnepf
Saul Orlinsky
Nick Fiasconaro
Sarah Saathoff

The leftover paperbacks are being shipped overseas to service men and women and the hardbacks are being donated to the new Sonata Assisted Living facility.

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