

FEBRUARY 2021

LifePath Hospice Bereavement and Support Group Programs



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After the loss of a loved one, some survivors may find the pain associated with their loss doesn't lessen with time. Individual grief counseling and support groups provide a safe place to express feelings, share experiences, learn about grief and move ahead in the process. LifePath Hospice provides various support groups and individual counseling. It is our hope that you will take advantage of the programs that best suit your particular needs and circumstances.

For more information and to register, please call us at 813-877-2200 or visit the calendar at www.chaptershealth.org.

All bereavement services are offered at no cost to participants. Grief counseling is not only offered to our hospice families but is open to all Hillsborough County residents who have experienced the death of a loved one. Pre-registration is required.

Individual Counseling During COVID-19

At LifePath Hospice, we continue to provide grief support for bereaved family and friends during this difficult time. Individual counseling with a bereavement specialist is available through Zoom, over the phone or in person while following CDC guidelines. Please call for more information and to register.

Due to COVID-19, we are temporarily facilitating groups using Zoom video or conference call formats.

Ongoing Adult Support Groups

Support groups for adults grieving the loss of a loved one. These can be joined at any time and are ongoing.

Mondays

Weekly, 1 – 2:30 p.m.

Tuesdays

Second and fourth weeks, 12:30 – 2 p.m.

Third week, 1 – 2:30 p.m.

Thursdays

Weekly, 10:30 – noon

New Beginnings Support Groups

Eight-week structured support groups for adults grieving the loss of a loved one.

Mondays, March 22 – May 10, 1 – 2:30 p.m.

Tuesdays, March 16 – May 4, 2 – 3:30 p.m.

Tuesdays, April 6 – May 25, 6 – 7:30 p.m.

Thursdays, Jan. 28 – March 18, 6 – 7:30 p.m.

Thursdays, March 25 – May 13, 1:30 – 3 p.m.

Specialty Grief Support Groups

Moving Forward for the Future

Support for those connected by the commonality of loss who have previously completed a New Beginnings eight-week group or are at least six months past their loss

Wednesdays

2 – 3:30 p.m.

Young Adult Support Group

Providing support for ages 18-30

First and third Tuesdays monthly

6 – 7:30 p.m.

Loss of a Child Support Group

Providing support for the loss of minor children and adult children. Please call to speak with Bereavement Specialist Ed Evans.

Circle of Love Children's Grief Program

Zoom program providing support for young grievers through high school age and their families. We invite you to call for more information and to register. Registration is required for the Saturday event in order to receive the needed materials and cool surprises! We hope you will join us.

Circle of Love Saturday Event:

February 13, 10 a.m. to noon

Circle of Love Ongoing Evenings:

February 23 and 25

Contact: Corinne Gaertner at 813-352-5483 or GaertnerC@chaptershealth.org; or Eve Hay at 813-326-0714 or HayE@chaptershealth.org

Hope in the New Year

by Felipe Daniels

As the last of the wrapping paper and crumpled boxes peek over the rims of recycling bins up and down the street, we know in our bones the holiday season has finally passed. Christmas decorations have begun their long hibernation in garages, and the firework tents have disappeared to wherever they hide between December and June.

Resolutions have taken on the shape and size of elephants, standing on brand new treadmills with alternately encouraging and judgmental eyes. No longer blinded by flashing lights, fireworks and all of the nervous energy that surrounds the winter holidays, we look at the New Year with clear eyes and hearts full of hope.

The expectation of a new year that will be better than the last is as predictable as the ball dropping in Times Square. Like new leaves on the ends of branches, as winter winds down, we reach for the sun and begin to grow anew in its light. That natural resilience is often tested, occasionally to the breaking point, but we persist. That's hope in a nutshell: the firm belief that things have to get better; inexhaustible optimism that tells us every valley precedes a peak.

Last year challenged us all mentally and spiritually. We were separated from family and

friends, coworkers and other support systems as we tried to keep each other safe. Loss of life and livelihood transformed families in what felt like the blink of an eye. Even in the midst of what felt like constant calamity, stubborn hope made its presence felt. Support groups went online, and people went outside to exercise and commune in safer environments.

Hope drives us to find a way to get to what we need to thrive. We needed each other, and

It drove us to find new ways to get together, in spite of the obstacles. Our relentless pursuit of each other was a sign that we aren't in this alone. And that is something to build on.

As winter wears thin, giving us hints of the spring to come, I can't resist that predictable surge of optimism. The people and places most important to me have shone even brighter in their absence. The world is full of old things seen with new eyes.

I've grown stronger as I've faced the challenges of the past year. Stronger than my grief. Stronger than the loneliness I can banish with a phone call. Stronger than the changes to how we work and play. But I haven't grown stronger than hope. I don't know if this year will be better than the last, but I hope it will. And that's a good start.



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