

OCTOBER/NOVEMBER 2017

LifePath Hospice Bereavement and Support Group Programs



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HOSPICE

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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.

You don't have to be the loved one of a LifePath Hospice patient to participate in these support services. We are pleased to offer our programs to anyone residing in Hillsborough County who has experienced the death of a loved one. Preregistration is required for all offerings.

For more information and to register for support groups, please call 813-877-2200.

RETURNING IN 2018!

New Beginnings Adult Grief Support Groups

Eight-week support groups for adults grieving the loss of a loved one. For more information, visit the Calendar at www.chaptershealth.org or call 813-877-2200.

Light up a Life

During the holiday season, survivors may feel sad or lonely. LifePath Hospice is hosting Light up a Life to provide an uplifting experience to memorialize loved ones who have died. In addition, bereavement counselors will be providing informational tools on how to cope with loss through the holidays. Please come and join us to experience this event at one of our locations. Call to reserve your spot today!

Tuesday, December 12

Melech Hospice House, 6 – 7 p.m.

Wednesday, December 13

South Tampa Office, 6 – 7 p.m.

Thursday, December 14

Sun City Hospice House, 6 – 7 p.m.

Young Adult Support Group

A support group for young adults, ages 19 to 25. First and third Tuesdays every month
October 17 and November 7 & 21
6 – 7:30 p.m., South Tampa

Loss of a Child and Loss of a Child to Addiction Support Groups

Temple Terrace – call 813-877-2200 for details

Ongoing Adult Support Group

After completion of New Beginnings Adult Grief Support Group, we offer multiple ongoing support groups for continuing your journey.

Second and fourth Mondays every month
October 23 and November 13 & 27
10 – 11:30 a.m., Sun City Center

Tuesday, December 12

10 – 11:30 a.m., Plant City Towers

Second and fourth Wednesdays every month
October 25 and November 8
2 – 3:30 p.m., Riverview

Thursday, November 16

1 – 2 p.m., Plant City Living Center

Suicide Loss Support Group

Second and fourth Tuesdays every month
October 24 and November 14 & 28
6 – 7:30 p.m., South Tampa

Circle of Love Center

Provides ongoing support group meetings for children and teens, ages 3 to 18, and their families who have experienced the death of a loved one.

Tuesdays or Thursdays

Oct. 24 or 26; Nov. 14 or 16, 28 or 30,
Holiday Party: Dec. 6
6 – 7:30 p.m., South Tampa

Camp Circle of Love 2018

Camp will be held **March 23 – 25, 2018** for children ages 6 to 18 who have experienced loss. Volunteers are wanted! If you enjoy working with children, administrative tasks, crafts or decorating or are looking for an amazing volunteer experience, this is for you!

Grief and the Holidays

By Ed McWilliams, LifePath Hospice Bereavement Counselor

We are fast approaching the holidays. This time of year is highly anticipated by many people who embrace the lyrics of the song “It’s the Most Wonderful Time of the Year,” immortalized by the late Andy Williams. The song’s lyrics suggest that the holidays should be a time of parties, happy moments, festive gatherings, and special memories of traditions and warm embraces from those near and dear to us. The troubles and trials of our lives are either put on hold or dismissed during this time of year. After all, the holidays are supposed to be the most wonderful time of the year.

However, for those who are grieving the loss of a loved, they may feel different than those feelings or experiences normally associated with the holidays. At a time when everyone is supposed to be happy and enjoying themselves, those who are grieving may feel sad, lonely and depressed. It seems everywhere you turn, there is something to break your heart a little more. Stores are decorated with symbols of the holidays. TV shows, radio programs, magazines and newspapers are full of holiday stories and songs that project togetherness, love,



sharing and anticipation. Where can you escape the question, “Isn’t this the most wonderful time of the year?” Those who ask such a question can’t seem to wait for the special observances of the holiday season. For the bereaved, the key is to go with the flow of what is important to your well-being and fulfillment. You are entitled to feel this way.

There are many ways for bereaved individuals to cope with the holidays and not be entirely sad. Here are just a few ideas:

- Plan ahead.
- Accept your limitations.
- Take care of and be kind to yourself.
- Be prepared for the myriad of emotions.
- Lower your expectations of yourself and what you perceive others might expect from you.
- Be honest and true with your feelings.

We hope you find, experience and embrace what is comfortable and acceptable for you this holiday season.

November 16 is Children’s Grief Awareness Day

Before they graduate from high school, one out of every 20 children will have a parent die—and that number doesn’t include those who experience the death of a sibling, close grandparent, aunt, uncle or friend.



Children’s Grief Awareness Day, November, 16, 21017, seeks to bring attention to the fact that often support can make all the difference in the life of a grieving child. It provides an opportunity for all of

us to raise awareness of the painful impact that the death of a loved one has in the life of a child, an opportunity to make sure children receive the support they need.

The LifePath Hospice Circle of Love Center provides compassionate grief support to children, teens and families in Hillsborough County. The center will host the 26th annual Camp Circle of Love for children ages 6 to 18 who have experienced loss. March 23–25, 2018. For more information, please call 813-877-2200.