

## Grief Support Schedule:

### Six-week Support Groups

*Horizons Bereavement Center*

480 W. Central Parkway, Altamonte Springs

**Adults** - 11am to 12:30pm

Thursdays, Apr 4 thru May 16

**Young Widow & Widower** - 5:30 to 6:45pm

Mondays, Apr 15 thru May 27

**Senior Widow & Widower** - 11am to 12:30pm

Wednesdays, Apr 24 thru Jun 5

### On-going Support Groups

*Horizons Bereavement Center*

480 W. Central Parkway, Altamonte Springs

**DAY** 11am to 12:30pm. 1st & 3rd Mondays

Apr 1 & 15, May 6 & 20, Jun 3 & 17

**EVENING** 5:30 to 6:45pm. 1st & 3rd Wednesdays

Apr 3 & 17, May 1 & 15, Jun 5 & 19

**Anticipatory Grief Support for Caregivers**

11am to 12:30pm. 2nd & 4th Tuesdays

Apr 9 & 23, May 14 & 28, Jun 11 & 25

**Jewish Support Groups** - Call *Jewish Family Services (JFS)* at 407-644-7593 for details.

### Social Groups

#### Women's Lunch Bunch

Call 407-379-0490 to confirm location.

3rd Fridays. Apr 19, May 17, Jun 21 at 11:30am.

**Men's Breakfast Group** - *Denny's Restaurant*

255 E. Altamonte Dr., Altamonte Springs

1st and 3rd Fridays at 9am.

Call 407-682-0808, ext. 1213.

#### Comfort Foods Potluck and Social

*AdventHealth Hospice Care, Board Room, 2nd Flr*

480 W. Central Parkway, Altamonte Springs

Wednesday, June 26th from 6:30 to 7:30pm

RSVP 407-379-0490. Following the Educational Workshop

### Workshops & Events

#### Educational Workshop

##### What Helps When Grief Hurts?

*AdventHealth Hospice Care, Board Room, 2nd Flr*

480 W. Central Parkway, Altamonte Springs

Wednesday, June 26th from 5:30 to 6:30pm

RSVP 407-379-0490. Followed by Comfort Foods Potluck

**Registration Required for All Groups: 407-379-0490**