



Grief Support Groups

2024 Bereavement Offerings

Suncoast Hospice of Hillsborough invites you to participate in one of our grief support groups. These groups are designed to provide support after the loss of someone important. 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 lost someone under the care of Suncoast Hospice of Hillsborough and anyone in our community who has experienced a loss. Groups are generally six weeks long and are facilitated by trained and experienced counselors. There is no cost for these groups.

Groups are held at Empath Health Brandon offices at 422 S. Kings Ave.

ONGOING GROUPS

Drop-in Grief Group - First Thursday of the month, 4:00 pm-5:00 pm

GROUP SESSIONS

Grief 101

All groups meet on Tuesdays

March 5-April 9 | Noon-2:00 pm

May 7-June 1 | 3:00 pm-5:00 pm

July 2-August 6 | 5:00 pm-7:00 pm

September 3-October 8 | 1:00 pm-3:00 pm

November 5-December 10 | 4:00 pm-6:00 pm

Coping Through the Holidays - Friday, November 15, 5:00 pm-7:00 pm

Registration is required for Grief 101 groups by calling (813) 651-7300. Registration is not required for other groups. Individual counseling is available through the Empath Grief Care programs.

We are here to support you through your journey of healing.



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