Losing someone you love is painful... *We can help*

**Experiencing a significant loss is difficult.** Emotions can be intense and overwhelming, making you feel as though the sadness will never let up. The healing has no timetable. It may come quickly or take many months – both are normal. There is no right or wrong way to grieve, but support and education can help.

The Tidewell Grief Education and Support Center has Grief Specialists who:

- Provide support and education to anyone in the community
- Meet with people individually or as a family
- Offer a variety of support groups
- Are available to people of any age
- Offer all services at no charge

For grief support information, call *(941) 894-1794* or visit tidewell.org.