



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.

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