



# Support Groups

**Janice Ancrum Senior Life Center**  
**1901 Island Walk Way**  
**Fernandina Beach, FL 32034**

All support groups are hosted by Nassau County Council on Aging, and are open to the community. Meetings include guest speakers and group discussion. There is no charge to attend our support groups.



## **Grieving with Hope Support Group**

**2nd and 4th Monday of each month, 5:30 pm—7:00 pm**

*Share stories and find support from those who have also lost a family member or close friend*

Contact: Jennifer Gundling, 904-775-5488, [jgundling@nassaucountycoa.org](mailto:jgundling@nassaucountycoa.org)



## **Hearing Loss Support Group**

**1st Tuesday of each month, 12 noon—1:30 pm**

*Discuss latest technologies and member experiences to assist with hearing loss in daily living*

Contact: Frances Bartelt, 904-775-5484, [fbartelt@nassaucountycoa.org](mailto:fbartelt@nassaucountycoa.org)



## **Caregiver Support Group**

**2nd and 4th Wednesday of each month, 3:30 pm—5:00 pm**

*Reduce stress and improve quality of life through conversation with fellow caregivers*

Contact: Jennifer Gundling, 904-775-5488, [jgundling@nassaucountycoa.org](mailto:jgundling@nassaucountycoa.org)



## **Low Vision Support Group**

**4th Wednesday of each month, 11:00 am—12:30 pm**

*Discuss latest adaptive devices and member experiences to assist with vision loss in daily living*

Contact: Frances Bartelt, 904-775-5484, [fbartelt@nassaucountycoa.org](mailto:fbartelt@nassaucountycoa.org)



## **Yoga for the Grieving Spirit**

**1st and 3rd Wednesday of each month, 5:30 pm—6:30 pm**

*A Gentle Restorative Yoga designed to compassionately support those who have lost a loved one.*

*Learn how to strengthen the body, relax the mind and reduce stress.*

To attend, contact Tina LaVacca, RYT, 570-460-0373 or [changingtidesamelia@gmail.com](mailto:changingtidesamelia@gmail.com)



## **National Alliance on Mental Illness (NAMI)**

**Every Friday, 11:00 am—12:30 pm**

*Share experiences with individuals, family members and friends impacted by mental illness*

Contact: NAMI Nassau, 904-277-1886



## **Parkinson's Support Group: You Are Not Alone**

**3rd Thursday of each month, 10:00 am—11:00 am (beginning Sept. 18)**

*Open to individuals with Parkinson's and their care partners to share experiences, learn coping strategies and find encouragement. Facilitated by Tina LaVacca.*

Contact: Melody Dawkins, 904-775-5477, [mdawkins@nassaucountycoa.org](mailto:mdawkins@nassaucountycoa.org)

For more information, contact us at 904-261-0701 or visit  
[www.nassaucountycoa.org](http://www.nassaucountycoa.org)

