



Grief and Bereavement Support Group

We're inviting you to join us

***Date:** Thursday Sept 26, 2024 – Thursday Nov 14, 2024*

***Time:** 6:30 – 8:00 pm*

***Location:** Zoom*

If you have experienced the death of your spouse, parent, adult child, relative or friend, etc our Grief and Bereavement Support group offer to support you to grieve the loss of loved ones.

What to expect:

We understand this is a difficult season and that grief and bereavement support is needed. The grief and bereavement group provide a safe, nonjudgmental and supportive space to discuss the profound experience of grief and loss of loved ones and friends.

Conversation will include:

- Myths about grief
- Secondary losses
- How grief impact relationships, communication and support
- How to manage holidays, birthdays, anniversaries etc
- Self-Care/coping strategies
- Legacy and remembering loved ones



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