

GRIEF SUPPORT GROUP

LIVING WITH LOSS



PROGRAM OUTLINE

Session 1: Understanding Grief

Session 2: Experiencing Grief

Session 3: Types of Grief

Session 4: Healthy Grieving

Session 5: Taking Care of Yourself

Session 6: Grief and the Family

Session 7: Grief and Your Mental Health

Session 8: Your Journey of Healing

Tuesday evenings, beginning October 5, 7:00-9:00pm (via Zoom)
Thursday afternoons, beginning October 7, 1:30-3:30pm (via Zoom)

To register, or for more information, please contact:

BEREAVEMENT SERVICES

777-6959

griefandbereavement@easternhealth.ca



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Health

A link to join the Virtual Support Group will be sent to you once you have completed your registration.