

Bereavement Support

Offering two 7-week bereavement groups:

For individuals grieving the death their spouse/partner

September 13 to October 25, 2018

10:00 a.m. to 12 noon

For individuals grieving the death of a loved one

October 24 to December 5, 2018

6:30 to 8:30 p.m.

Everyone grieves differently
Sharing your feelings in a safe, supportive
environment with “others who have differing
problems with grief was very helpful and
supportive”.

“Listening to other people talk made me realize we
are not alone”.

- ♦ The death occurred at least three months ago
- ♦ No fee to participate
- ♦ Pre registration required

**Register with Anne Belanger at Hospice Kingston
613-542-5013 ext. 3 - Anne.Belanger@kingstonhsc.ca**