

DROP-IN GRIEF SUPPORT GROUP

Find Healing Together
Join Our Safe & Compassionate Space



WHAT TO EXPECT:

- RECEIVE PSYCHOEDUCATION AND GRIEF SUPPORT IN A COLLABORATIVE GROUP SETTING
- OPPORTUNITIES TO SHARE YOUR STORY WITH OTHERS AND CREATE CONNECTION
- BUILD SAFETY, COMFORT, AND COPING SKILLS AS YOU NAVIGATE THE GRIEF JOURNEY

Date: Weekly Meetings Starting October 29th

Time: Thursdays 7:00-8:30 PM.

Location: 60 West Drive, Brampton, ON. Unit 101

To Register

Please connect with the Facilitators at:

Stephanie Levac at 365-341-1980 or slevac@bethellhospice.org

Jaslene Singh at 416-579-4142 or jaslene.singh@pchs4u.com



Light refreshments will be provided