

THE JOURNEY OF GRIEF GROUP



**Hospice of Waterloo Region at
Langs Community Centre
1145 Concession Road, Cambridge**

Grief affects different people in different ways...

Grieving is a very active and challenging process. There are four tasks associated with grieving that can be accomplished in order for the grieving and mourning processes to be completed, and life equilibrium to be re-established.

This group will help you understand what is happening when you grieve and will help you to connect with your personal grief journey.

This is not a blueprint of how to “do grief” properly – the group will help you to discover your own path and meaning.

This group is open to people whose loved one died from a life-shortening illness.

You must be able to attend all six sessions

Space is limited.

Please register by Friday March 6, 2020.

Call Cathy Middleton, Clinical Counsellor at Hospice Waterloo Region at 519-743-4114 ext. 138 or email at cathy@hospicewaterloo.ca

Dates and times of the group:

March 11, 1:30-3:30 pm	April 1, 1:30-3:30pm
March 18, 1:30–3:30pm	April 8, 1:30-3:30pm
March 25, 1:30-3:30pm	April 15, 1:30-3:30pm