



Are you struggling with the recent loss of a loved one?

Join our 8-week Bereavement Support Group

The grief journey uniquely affects our physical, emotional, cognitive, and spiritual wellbeing. It becomes more manageable and meaningful when shared with others who understand its challenges.

This program provides group support in a safe and nurturing environment. Group members may share feelings of loss, learn about the grieving process, develop strategies for coping, and begin to integrate this change into their lives in order to move forward.

When

Every Thursday, for 8 weeks from 1:30 to 3:00 p.m.

Where

All groups take place in North York

For more information or to register

Call Charlotte at Circle of Care, 416-635-2900 ext. 271

There is no cost for these groups