

APRIL 2018 GROUPS AT A GLANCE

BEREAVEMENT JOURNEY 101

Join us on **Mondays** for this **six week group**, learning what normal grief looks like. At the end of the group you will not only have an understanding of your bereavement, but also knowledge and skills in working with the challenges inherent in grieving (e.g. overwhelming emotions).

Next six week group starts on Monday, April 30-June 11, 2018 (1pm-2:30pm)

HEALING CONNECTIONS

This **once a month (First Tuesday of month)** informal support circle is for adults who are looking a less formal grief support group with people like themselves who must continue to make the many difficult adjustments to life following the loss a loved one.

Next group starts on Tuesday, April 3, 2018 (7pm-8:30pm)

GROUP ENROLLEMENT REQUIREMENTS

Registration is mandatory for all groups. A minimum three months waiting period, after the loss of a loved one, is required for all groups.

Please call the Bereavement Coordinator at 604.520.5024 or email at counselling@burnabyhospice.org to inquire about groups.