

SPOUSAL LOSS

GRIEF SUPPORT GROUP

Are you grieving the death of a spouse?

Meet with others who are grieving the death of their spouse. Led by a Registered Clinical Counsellor, you will be invited to share your feelings and personal experiences with grief and loss, and provide support for one another in a safe and non-judgmental environment free from unsolicited advice and platitudes. In doing so, you will have the opportunity to discuss the variety of emotions and experiences following a death with other bereaved spouses.

Each week the group will discuss grief-related topics. Gain knowledge and practical tools to integrate and honour your grief, live with the loss and cope with the challenges you may be facing.

Join us on the first Friday of each month for 8 weeks
(excluding statutory holidays and January 3)

Fridays | 1:00pm - 2:30 pm
Begins October 4, 2019

Location: 4535 Kingsway

Snacks will be served
Registration is required to participate

TO REGISTER AT NO COST:

 **604-520-5024**

 counselling@burnabyhospice.org

**Our Registered Clinical Counsellor will do a phone screening and intake to determine if we are the best fit for your needs and provide referrals if needed.*

**Registration will be opened until a minimum number is reached (5 persons). Closed group after initial registration.*

**A minimum of three months waiting period after the loss is required.*