

## YOUNG ADULTS

# GRIEF SUPPORT GROUP

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**Are you between the ages of 18-30 and grieving the death of a significant person in your life?**

Meet with others who are experiencing grief and discuss the wide range of emotions and responses following a death in an environment that is safe, non-judgmental and free from unsolicited advice and platitudes.

Led by a Registered Clinical Counsellor, you will be invited to share your personal experiences with grief and loss, and provide support for one another.

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 Monday of each month for 8 sessions.

**Mondays | 7pm-8:30pm**  
(excluding statutory holidays and Jan 6, 2020)

Begins: October 7, 2019

Location: 4535 Kingsway

Snacks will be served  
Registration is required to participate

TO REGISTER AT NO COST:

 **604-520-5024**

 [counselling@burnabyhospice.org](mailto: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.*