

Pathways

Adult Grief Support Group

It's not easy to understand or accept the death of someone we love.

A grief support group is a group of people who come together to help each other through their grief journey.

There is no cost to this group but pre-registration is required.

What's the benefit of attending?

- Connection with others who have gone through a similar situation.
 - Association with people who will listen without judgment.
 - Time to focus on how the loss is affecting you.
 - New ideas to help you cope and heal.
 - Acceptance of how you really feel.
 - Time to share memories of the person who died.
 - Understanding of what responses are natural and normal during grieving.
 - A place to give as well as accept comfort.

The next 10 week session begins Wednesday, Oct. 12, 2011

Dates: October 12,19,26, November 2,9,16,23,30, December 7, 14

2:00—4:00 pm

**For more information, please call our Bereavement Coordinator
@ 604-826-2235**

Location: Mission Hospice Society office * Unit E- 7311 James St, Mission, BC

The adult support group is facilitated by Mission Hospice Society Bereavement Coordinator and compassionate trained volunteers.