

The Bereavement Journey

Grief Education for the Newly Bereaved

At Dorothy Ley Hospice
220 Sherway Drive
Etobicoke

*Have you recently experienced the death of someone loved?
Do you find yourself feeling overwhelmed and lost?*



This is a *Grief 101* series which will help you to get your bearings as you embark on the journey of healing. The sessions address common questions and concerns of those who are newly bereaved: ***What is happening to me? How do I begin to grieve? What can help me cope? and How long will I feel like this?***

While not a loss-specific support group participants will have an opportunity to talk about their loss and connect with others who are also grieving.

**Fall 2016 sessions
held on Mondays,
from 1 - 3 pm**

Oct 17, 24, 31

Nov 7, 14 & 28*

**Coping with the Holidays session
scheduled for Nov 21st*

Registration Required



Offered without charge

