

Grief Education & Support Group

*It can be comforting to know that you are not alone
and that what you are going through is “normal”.*



The Grief Education & Support Group is a nonjudgmental space for adults who are grieving the death of a loved one to come together for support & fellowship.

This group offers free information and confidential discussion through support from trained volunteers.

October 2, 9, 16, 23, 30
November 6, 13, 20
7 p.m. — 8:30 p.m.



~ Honouring the journey ~

To register, call:
604-223-7309

prhospice.org

Photo Credit: 'Loss' by Maureen Byrne