

Grief Changes People ...

Grief is a journey which encompasses the emotional, physical and spiritual aspects of our lives.

The Life and Death of someone we love changes our lives forever. How we journey through this change is a unique and personal experience.

We are able to journey and grow through our grief, with the support of others and personal reflection.

*“When you are sorrowful,
look again in your heart
and you shall see,
that in truth,
you are weeping
for that which has been
your delight”*

(Kahil Gibran)

Grief Support Groups offer a time to share your loss and grief with others in a caring, confidential and supportive atmosphere.

*“Joy shared doubles the pleasure.
Sorrow shared halves the pain”*

Grief Counsellor Beverley Yates is a Chaplain at St. Joseph’s Villa in Dundas. Beverley has Certificates in Counselling; Death, Dying & Bereavement Education, along with training in Palliative Care and Post Traumatic Stress Management.

For more information please call Beverley at 905-512-6995, email at beverleyg60@gmail.com, or call Turner Family Funeral Home at 905-628-6412

These groups are offered free of charge. You are welcome to join with us at any time in our grief circle of care and sharing.

“A Journey of Hurt, Healing and Hope”



**Grief Support Groups
2018/2019**

**Turner Family
Funeral Home
Dundas**

Grief and Bereavement Support Groups Provided Each Week

Topics for Discussion

Sept. 11 th	<i>Grief is a Journey of Hurt, Healing & Hope</i>
Sept. 18 th	<i>An Emotional Roller Coaster Ride</i>
Sept. 25 th	<i>How am I Coping?</i>
Oct. 2 nd	<i>Loneliness in Grief</i>
Oct. 9 th	<i>Sadness/Depression in Grief</i>
Oct. 16 th	<i>Guilt/Regrets in Grief</i>
Oct. 23 rd	<i>Anxiety/Fear in Grief</i>
Oct. 30 th	<i>Anger/Frustration in Grief</i>
Nov. 6 th	<i>Your Health & Your Grief</i>
Nov. 13 th	<i>Women/Men in Grief</i>
Nov. 20 th	<i>Death of a Spouse</i>
Nov. 27 th	<i>Learning to Live Without</i>
Dec. 4 th	<i>How do I Cope with Christmas?</i>
Dec. 11 th	<i>Sensitive Celebrations</i>
Dec. 18 th	<i>Christmas Memories</i>
	<i>"We Remember Them"</i>
* * Christmas/New Year * *	
Jan. 8 th	<i>How was Christmas?</i>
Jan. 15 th	<i>Support from Others</i>
Jan. 22 nd	<i>How am I Coping?</i>
Jan. 29 th	<i>Family Dynamics in Grief</i>

When: Every Tuesday
9:30 am – 11:30 am
OR
7:00 pm – 9:00 pm

Where: The Cattel Centre
45 Main Street
Dundas, Ontario

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The death of someone you love is not something that you get over ... it is a painful experience in life that you journey through. Allow us to help you.

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Feb. 5th *Death of a Parent*
Feb. 12th *Death of a Sibling*
Feb. 19th *Multiple Losses*
Feb. 26th *Sudden/Anticipated Death*

March 5th *Death of a Child*
March 12th *Complicated Grief*
March 19th *Grieving Grandparents & Grandchildren*
March 26th *An Emotional Roller Coaster Ride*

April 2nd *Loneliness in Grief*
April 9th *Sadness/Depression in Grief*
April 16th *Guilt/Regrets in Grief*
April 23rd *Anxiety/Fear in Grief*
April 30th *Anger/Frustration in Grief*

May 7th *Picking up the Pieces*
May 14th *How am I Coping?*
May 21st *Healthy Grieving*
May 28th *Grief to Gratitude*

June 4th *Relearning the World*
June 11th *Grief as a Spiritual Journey*
June 18th *"We Remember Them"*

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