

Grief and Bereavement Support Groups Provided Each Week

Suggested Topics for Discussion

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| Sept. 10 th | <i>Grief is a Journey of Hurt, Healing & Hope</i> |
| Sept. 17 th | <i>An Emotional Roller Coaster Ride</i> |
| Sept. 24 th | <i>How am I Coping?</i> |
| Oct. 1 st | <i>Loneliness in Grief</i> |
| Oct. 8 th | <i>Sadness/Depression in Grief</i> |
| Oct. 15 th | <i>Guilt/Regrets in Grief</i> |
| Oct. 22 nd | <i>Anxiety/Fear in Grief</i> |
| Oct. 29 th | <i>Anger/Frustration in Grief</i> |
| Nov. 5 th | <i>Your Health & Your Grief</i> |
| Nov. 12 th | <i>Grieving Mindfully</i> |
| Nov. 19 th | <i>Sudden/Anticipated Death</i> |
| Nov. 26 th | <i>Death of a Spouse</i> |
| Dec. 3 rd | <i>How do I Cope with Christmas?</i> |
| Dec. 10 th | <i>Sensitive Celebrations</i> |
| Dec. 17 th | <i>Christmas Memories "We Remember Them"</i> |
| * * Christmas/New Year * * | |
| Jan. 7 th | <i>How was Christmas?</i> |
| Jan. 14 th | <i>Learning to Live Without</i> |
| Jan. 21 st | <i>How am I Coping?</i> |
| Jan. 28 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. 4 th | <i>Death of a Parent</i> |
| Feb. 11 th | <i>Death of a Sibling</i> |
| Feb. 18 th | <i>Multiple Losses</i> |
| Feb. 25 th | <i>Sudden/Anticipated Death</i> |
| March 3 rd | <i>Death of a Child</i> |
| March 10 th | <i>Complicated Grief</i> |
| March 17 th | <i>Learning to Live Again</i> |
| March 24 th | <i>An Emotional Roller Coaster Ride</i> |
| March 31 st | <i>Loneliness in Grief</i> |
| April 7 th | <i>Sadness/Depression in Grief</i> |
| April 14 th | <i>Guilt/Regrets in Grief</i> |
| April 21 st | <i>Anxiety/Fear in Grief</i> |
| April 28 th | <i>Anger/Frustration in Grief</i> |
| May 5 th | <i>Picking up the Pieces</i> |
| May 12 th | <i>How am I Coping?</i> |
| May 19 th | <i>Healthy Grieving</i> |
| May 26 th | <i>Grief to Gratitude</i> |
| June 2 nd | <i>Relearning the World</i> |
| June 9 th | <i>Grief as a Spiritual Journey</i> |
| June 16 th | <i>"We Remember Them"</i> |

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