

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 the Manager of Margaret’s Place Hospice and Spiritual Care at St. Joseph’s Villa in Dundas. Beverley has Certificates in Counselling; Death, Dying and Bereavement Education, along with training in Palliative Care and Post Traumatic Stress Management.

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.

Please follow the instructions found inside the brochure for registration.

“A Journey of Hurt, Healing and Hope”



*Grief Support Groups
2021/2022*

*Turner Family
Funeral Home
Dundas*

Grief and Bereavement Support Groups Provided Each Week

Topics for Discussion

Sept. 21 st	<i>Grief is a Journey of Hurt, Healing & Hope *Grieving through COVID</i>
Sept. 28 th	<i>An Emotional Roller Coaster Ride</i>
Oct. 5 th	<i>Loneliness in Grief</i>
Oct. 12 th	<i>Sadness/Depression in Grief</i>
Oct. 19 th	<i>Guilt/Regrets in Grief</i>
Oct. 26 th	<i>Anxiety/Fear in Grief</i>
Nov. 2 nd	<i>Anger/Frustration in Grief</i>
Nov. 9 th	<i>Your Health & Your Grief</i>
Nov. 16 th	<i>Sudden/Anticipated Death</i>
Nov. 23 rd	<i>Death of a Child</i>
Nov. 30 th	<i>Learning to Live Without</i>
Dec. 7 th	<i>How do I Cope with Christmas?</i>
Dec. 14 th	<i>Christmas Memories “We Remember Them”</i>
* * Christmas/New Year * *	
Jan. 4 th	<i>How was Christmas?</i>
Jan. 11 th	<i>How am I Coping?</i>
Jan. 18 th	<i>Grieving Mindfully</i>
Jan. 25 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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**Due to COVID-19, you are required to
register for these support groups, as
numbers will be limited.**
**Please call Beverley at 905-512-6995 or
email at beverleyg60@gmail.com OR
call Turner Family Funeral Home at
905-628-6412.**

**Regulations pertaining to COVID-19
are subject to change at any time.**

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Feb. 1 st	<i>Death of a Parent</i>
Feb. 8 th	<i>Death of a Sibling</i>
Feb. 15 th	<i>Multiple Losses</i>
Feb. 22 nd	<i>Sudden/Anticipated Death</i>
March 1 st	<i>Death of a Spouse</i>
March 8 th	<i>Complicated Grief</i>
March 15 th	<i>Learning to Live Again</i>
March 22 nd	<i>An Emotional Roller Coaster Ride</i>
March 29 th	<i>Loneliness in Grief</i>
April 5 th	<i>Sadness/Depression in Grief</i>
April 12 th	<i>Guilt/Regrets in Grief</i>
April 19 th	<i>Anxiety/Fear in Grief</i>
April 26 th	<i>Anger/Frustration in Grief</i>
May 3 rd	<i>Picking up the Pieces</i>
May 10 th	<i>How am I Coping?</i>
May 17 th	<i>Healthy Grieving</i>
May 24 th	<i>Grief to Gratitude</i>
May 31 st	<i>Relearning the World</i>
June 7 th	<i>Grief as a Spiritual Journey</i>
June 14 th	<i>“We Remember Them”</i>

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