

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.

* * * * *

When Your Life Changes Forever

“A Journey of Hurt, Healing and Hope”



Grief Support Groups 2022/2023

*Turner Family
Funeral Home
Dundas*

Grief and Bereavement Support Groups Provided Each Week

Topics for Discussion

Sept. 20th	<i>Grief is a Journey of Hurt, Healing & Hope Grieving through COVID</i>
Sept. 27th	<i>An Emotional Roller Coaster Ride</i>
Oct. 4th Oct. 11th	<i>Loneliness in Grief Sadness/Depression in Grief</i>
Oct. 18th Oct. 25th	<i>Guilt/Regrets in Grief Anxiety/Fear in Grief</i>
Nov. 1st Nov. 8th Nov. 15th Nov. 22nd Nov. 29th	<i>Anger/Frustration in Grief Your Health & Your Grief Sudden/Anticipated Death Death of a Child Learning to Live Without</i>
Dec. 6th	<i>How do I Cope with Christmas?</i>
Dec. 13th	<i>Christmas Memories “We Remember Them”</i>
** Christmas/New Year **	
Jan. 3rd Jan. 10th Jan. 17th Jan. 24th Jan. 31st	<i>How was Christmas? How am I Coping? Grieving Mindfully Family Dynamics in Grief Death of a Parent</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**

★ ★ ★ ★ ★

These groups are offered free of charge. If you have any questions or would like to register, please call Beverley at 905-512-6995 or email at beverlevg60@gmail.com or call Turner Family Funeral Home at 905-628-6412.

**Guidelines pertaining to COVID-19
may be introduced at any time.**

Feb. 7th Feb. 14th Feb. 21st Feb. 28th	<i>Death of a Sibling Multiple Losses Sudden/Anticipated Death Death of a Spouse</i>
March 7th March 14th March 21st March 28th	<i>Complicated Grief Learning to Live Again An Emotional Roller Coaster Ride Loneliness in Grief</i>
April 4th April 11th April 18th April 25th	<i>Sadness/Depression in Grief Guilt/Regrets in Grief Anxiety/Fear in Grief Anger/Frustration in Grief</i>
May 2nd May 9th May 16th May 23rd May 30th	<i>Picking up the Pieces How am I Coping? Healthy Grieving Grief to Gratitude Relearning the World</i>
June 6th June 13th	<i>Grief as a Spiritual Journey “We Remember Them”</i>

★ ★ ★ ★ ★