

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.

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*“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)

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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”*

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Grief Counsellor Beverley Yates is a Spiritual Care Practitioner 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.

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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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When Your Life Changes Forever

“A Journey of Hurt, Healing and Hope”



Grief Support Groups 2023/2024

**Turner Family
Funeral Home
Dundas**

Grief and Bereavement Support Groups Provided Each Week

Topics for Discussion

Sept. 5 th	<i>Grief is a Journey of Hurt, Healing & Hope</i>
Sept. 12 th	<i>An Emotional Roller Coaster Ride</i>
Sept. 19 th	<i>Loneliness in Grief</i>
Sept. 26 th	<i>Sadness/Depression in Grief</i>
OCT. 3rd	NO GROUP
OCT. 10th	NO GROUP
Oct. 17 th	<i>Guilt/Regrets in Grief</i>
Oct. 24 th	<i>Anxiety/Fear in Grief</i>
Oct. 31 st	<i>Anger/Frustration in Grief</i>
Nov. 7 th	<i>Your Health & Your Grief</i>
Nov. 14 th	<i>Sudden/Anticipated Death</i>
Nov. 21 st	<i>Death of a Spouse</i>
Nov. 28 th	<i>Learning to Live Without</i>
Dec. 5 th	<i>How do I Cope with Christmas?</i>
Dec. 12 th	<i>Christmas Memories "We Remember Them"</i>
* * Christmas/New Year * *	
Jan. 2 nd	<i>How was Christmas?</i>
Jan. 9 th	<i>How am I Coping?</i>
Jan. 16 th	<i>Grieving Mindfully</i>
Jan. 23 rd	<i>Family Dynamics in Grief</i>
Jan. 30 th	<i>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

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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 beverleyg60@gmail.com or call Turner Family Funeral Home at 905-628-6412.

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

Feb. 6 th	<i>Death of a Sibling</i>
Feb. 13 th	<i>Multiple Losses</i>
Feb. 20 th	<i>Sudden/Anticipated Death</i>
Feb. 27 th	<i>Death of a Child</i>
March 5 th	<i>Complicated Grief</i>
March 12 th	<i>Learning to Live Again</i>
March 19 th	<i>An Emotional Roller Coaster Ride</i>
March 26 th	<i>Loneliness in Grief</i>
April 2 nd	<i>Sadness/Depression in Grief</i>
April 9 th	<i>Guilt/Regrets in Grief</i>
April 16 th	<i>Anxiety/Fear in Grief</i>
April 23 rd	<i>Anger/Frustration in Grief</i>
April 30 th	<i>Picking up the Pieces</i>
May 7 th	<i>How am I Coping?</i>
May 14 th	<i>Healthy Grieving</i>
May 21 st	<i>Grief to Gratitude</i>
May 28 th	<i>Relearning the World</i>
June 4 th	<i>"What Now?"</i>
June 11 th	<i>Grief as a Spiritual Journey</i>
June 18 th	<i>"We Remember Them"</i>

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