

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 2024/2025

*Turner Family
Funeral Home
Dundas*

Grief and Bereavement Support Groups

Topics for Discussion

<i>Sept. 10th</i>	<i>Grief is a Journey of Hurt, Healing & Hope</i>
<i>Sept. 17th</i>	<i>An Emotional Roller Coaster Ride</i>
<i>Sept. 24th</i>	<i>How am I Coping?</i>
<i>Oct. 1st</i>	<i>Sadness, Lonliness & Depression in Grief</i>
<i>Oct. 8th</i>	<i>Anxiety/Fear in Grief</i>
<i>Oct. 15th</i>	<i>Anger/Frustration in Grief</i>
<i>Oct. 22nd</i>	<i>Guilt/Regrets in Grief</i>
<i>Oct. 29th</i>	<i>Your Health & Your Grief</i>
<i>Nov. 5th</i>	<i>Death of a Spouse</i>
<i>Nov. 12th</i>	<i>Sudden/Anticipated Death</i>
<i>Nov. 19th</i>	<i>Learning to Live Without</i>
<i>Nov. 26th</i>	<i>How to Grow Through Your Grief</i>
<i>Dec. 3rd</i>	<i>How do I Cope with Christmas?</i>
<i>Dec. 10th</i>	<i>Christmas Memories "We Remember Them"</i>
<i>* * Christmas/New Year * *</i>	
<i>Jan. 7th</i>	<i>How was Christmas?</i>
<i>Jan. 14th</i>	<i>Journaling Your Grief</i>
<i>Jan. 21st</i>	<i>Grieving Mindfully</i>
<i>Jan. 28th</i>	<i>Death of a Parent</i>

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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.

<i>Feb. 4th</i>	<i>Death of a Sibling</i>
<i>Feb. 11th</i>	<i>Multiple Losses</i>
<i>Feb. 18th</i>	<i>Sudden/Anticipated Death</i>
<i>Feb. 25th</i>	<i>Death of a Child</i>
<i>March 4th</i>	<i>Complicated Grief</i>
<i>March 11th</i>	<i>Learning to Live Again</i>
<i>March 18th</i>	<i>An Emotional Roller Coaster Ride</i>
<i>March 25th</i>	<i>Loneliness in Grief</i>
<i>April 1st</i>	<i>Sadness/Depression in Grief</i>
<i>April 8th</i>	<i>Guilt/Regrets in Grief</i>
<i>April 15th</i>	<i>Anxiety/Fear in Grief</i>
<i>April 22nd</i>	<i>Anger/Frustration in Grief</i>
<i>April 29th</i>	<i>Picking up the Pieces</i>
<i>May 6th</i>	<i>How am I Coping?</i>
<i>May 13th</i>	<i>Healthy Grieving</i>
<i>May 20th</i>	<i>Grief to Gratitude</i>
<i>May 27th</i>	<i>Relearning the World</i>
<i>June 3rd</i>	<i>"What Now?"</i>
<i>June 10th</i>	<i>Grief as a Spiritual Journey</i>
<i>June 17th</i>	<i>"We Remember Them"</i>

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