

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 2025/2026

*Turner Family
Funeral Home
Dundas*

Topics for Discussion

<i>Sept. 9th</i>	<i>Grief is a Journey of Hurt, Healing & Hope</i>
<i>Sept. 16th</i>	<i>An Emotional Roller Coaster Ride</i>
<i>Sept. 23rd</i>	<i>How am I Coping?</i>
<i>Sept. 30th</i>	<i>Sadness, Loneliness & Depression in Grief</i>
<i>Oct. 7th</i>	<i>Anxiety/Fear in Grief</i>
<i>Oct. 14th</i>	<i>Anger/Frustration in Grief</i>
<i>Oct. 21st</i>	<i>Guilt/Regrets in Grief</i>
<i>Oct. 28th</i>	<i>Your Health & Your Grief</i>
<i>Nov. 4th</i>	<i>Death of a Spouse</i>
<i>Nov. 11th</i>	<i>Sudden/Anticipated Death</i>
<i>Nov. 18th</i>	<i>Am I going crazy?</i>
<i>Nov. 25th</i>	<i>Learning to live with Grief</i>
<i>Dec. 2nd</i>	<i>Mystical Experiences</i>
<i>Dec. 9th</i>	<i>How do I Cope with Christmas?</i>
<i>Dec. 16th</i>	<i>Christmas Memories</i>
	<i>We Remember Them</i>

** * Christmas/New Year * **

<i>Jan. 6th</i>	<i>How was Christmas?</i>
<i>Jan. 13th</i>	<i>Journaling Your Grief</i>
<i>Jan. 20th</i>	<i>Grieving Mindfully</i>
<i>Jan. 27th</i>	<i>Death of a Parent</i>

Grief and Bereavement Support Groups

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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. 3rd</i>	<i>Death of a Sibling</i>
<i>Feb. 10th</i>	<i>Multiple Losses</i>
<i>Feb. 17th</i>	<i>Sudden/Anticipated Death</i>
<i>Feb. 24th</i>	<i>Death of a Child</i>

<i>March 3rd</i>	<i>Complicated Grief</i>
<i>March 10th</i>	<i>Learning to Live Again</i>
<i>March 17th</i>	<i>An Emotional Roller Coaster Ride</i>
<i>March 24th</i>	<i>Loneliness in Grief</i>
<i>March 31st</i>	<i>Sadness/Depression in Grief</i>

<i>April 7th</i>	<i>Guilt/Regrets in Grief</i>
<i>April 14th</i>	<i>Anxiety/Fear in Grief</i>
<i>April 21st</i>	<i>Anger/Frustration in Grief</i>
<i>April 28th</i>	<i>Picking up the Pieces</i>

<i>May 5th</i>	<i>How am I Coping?</i>
<i>May 12th</i>	<i>Healthy Grieving</i>
<i>May 19th</i>	<i>Grief to Gratitude</i>
<i>May 26th</i>	<i>Relearning the World</i>

<i>June 2nd</i>	<i>What Now?</i>
<i>June 9th</i>	<i>Grief as a Spiritual Journey</i>
<i>June 16th</i>	<i>Closing</i>
	<i>We Remember Them</i>

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