

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 safe, 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 Provider 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 2026/2027

*Turner Family
Funeral Home
Dundas*

Grief and Bereavement Support Groups

Topics for Discussion

<i>Sept. 15th</i>	<i>Grief, a Journey of Hurt, Healing & Hope</i>
<i>Sept. 22nd</i>	<i>An Emotional Roller Coaster Ride</i>
<i>Sept. 29th</i>	<i>How am I Coping?</i>
<i>Oct. 6th</i>	<i>Loneliness in Grief</i>
<i>Oct. 13th</i>	<i>Sadness/Depression in Grief</i>
<i>Oct. 20th</i>	<i>Anxiety/Fear in Grief</i>
<i>Oct. 27th</i>	<i>Guilt/Regrets in Grief</i>
<i>Nov. 3rd</i>	<i>Anger/Frustration in Grief</i>
<i>Nov. 10th</i>	<i>Sudden/Anticipated Death</i>
<i>Nov. 17th</i>	<i>Am I going crazy?</i>
<i>Nov. 24th</i>	<i>The Tasks of Grief</i>
<i>Dec. 1st</i>	<i>Your Health & Your Grief</i>
<i>Dec. 8th</i>	<i>How do I Cope with Christmas?</i>
<i>Dec. 15th</i>	<i>Christmas Memories</i> <i>We Remember Them</i>
<i>* * Christmas/New Year * *</i>	
<i>Jan. 5th</i>	<i>Reflecting on Christmas</i>
<i>Jan. 12th</i>	<i>Death of a Spouse</i>
<i>Jan. 19th</i>	<i>Death of a Parent</i>
<i>Jan. 26th</i>	<i>Journalling Your Grief</i>

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When: Every Tuesday
9:30 am – 11:30 am
OR
6:30 pm – 8:30 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
beverlevg60@gmail.com
or call Turner Family Funeral Home
at 905-628-6412.

Feb. 2nd *Death of a Sibling*
Feb. 9th *Death of a Child*
Feb. 16th *Grieving as a Family*
Feb. 23rd *Multiple Losses*

March 2nd *Complicated Grief*
March 9th *Grieving Men & Women*
March 16th *An Emotional Roller
Coaster Ride*
March 23rd *Loneliness in Grief*
March 30th *Sadness/Depression
in Grief*

April 6th *Guilt/Regrets in Grief*
April 13th *Anxiety/Fear in Grief*
April 20th *Anger/Frustration in Grief*
April 27th *Picking up the Pieces*

May 4th *How am I Coping?*
May 11th *Mindful, Healthy Grieving*
May 18th *Grief to Gratitude*
May 25th *Relearning the World*

June 1st *What Now?*
June 8th *Grief as a Spiritual
Journey*
June 15th *Closing*
We Remember Them

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