

Hospice Kingston

Bereavement Support Group

A Seven (7) week program is offered with no charge

Thursdays from 1:00 pm to 3:00 pm

February 1st to March 15th, 2018

Hospice Kingston offers bereavement support for adult family members who have lost a significant person in their life and are grieving.

The seven-week program includes topics such as emotions of grief, coping skills, identifying needs, and more.

Everyone experiences grief differently.

Sharing your feelings in a safe, supportive environment is often helpful.

**“Meeting others who have differing problems with grief
was very helpful and supportive”**

“Listening to other people talk made me realize we are not alone”.

This group is limited to 10 people.

Advanced registration is required by January 18, 2018

For more information or to register please call or email Anne Belanger.



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HospiceKingston.ca