

Seven-Week Grief Support Groups

**Have you experienced the death
of a significant person?**

For people ages 18-45 years
Tuesdays, October 26 - December 14, 2021
6:30PM - 8:30PM on Zoom

For people grieving a suicide
Wednesdays, October 27 - December 8, 2021
6:30PM - 8:00PM on Zoom

“Each person's grief is as unique as their fingerprint.
But what everyone has in common is that no matter
how they grieve, they share a need
for their grief to be witnessed.”

David Kessler
Finding Meaning: The Sixth Stage of Grief

Register with Kelly Bell
Call 613-531-2226 or
Email: kelly.bell@hospicekingston.ca

- ◆ The death occurred at least three months ago
- ◆ Pre registration required
- ◆ No fee to participate
- ◆ Dates and times subject to change due to participation