

**Supportive Care and Bereavement Services
Presents:**

“HEALING SOULS”

**A 9-week closed support group for those
grieving the death of a loved one.**

**This program provides confidential peer-to-peer support
to adults in Middlesex County**



**This program will include a planned
agenda including the following topics:**

- Your grief experience
- Life after loss
- Looking into the future
- Legacy and memorial work
- Grief and the holidays



**“Reaching out for help does not
mean you are weak. On the contrary,
it means you are strong enough to be
proactive in your healing”**

- Alan D. Wolfelt

***This is a 9-week program that will be
in-person in Dorchester***

Dates:

Tues. February 25 th	1:00 PM – 3:00 PM
Tues. March 4 th	1:00 PM – 3:00 PM
Tues. March 11 th	1:00 PM – 3:00 PM
Tues. March 18 th	1:00 PM – 3:00 PM
Tues. March 25 th	1:00 PM – 3:00 PM
Tues. April 1 st	1:00 PM – 3:00 PM
Tues. April 8 th	1:00 PM – 3:00 PM
Tues. April 15 th	1:00 PM – 3:00 PM
Tues. April 22 nd	1:00 PM – 3:00 PM

**The Healthy Habit (exercise room)
Dorchester Terrace
Retirement Residence
143 Byron Ave, Dorchester,
ON N0L 1G5**

Please contact:

Middlesex -
Amrit Gurung: 519-245-3170
Amrit.Gurung@von.ca