



BethellHospice



Grief Support Group for Adults

Date: Wednesdays, March 7—April 11, 2018

Time: 6:00—8:00 pm

Location: Central West LHIN, 199

County Court Blvd, Brampton

Facilitator: Linda Hochstetler, MSW RSW

Cost: Free!

This six-week grief support group is open to adults ages 19 and up. This group is available to anyone who has experienced the death of a family member or friend. This is a support group that provides an opportunity to talk about your own grief experience and learn from the experience of others. Participants will be encouraged to explore the events, thoughts, and feelings associated with their grief stories. The group will be led by Linda Hochstetler, who is a registered social worker. Enrollment is free of charge, but space is limited and registration by phone is required.

For more information or to register please contact Linda Hochstetler at 905-838-3534 ext. 3009 or lhochstetler@bethellhospice.org.

Funding is provided by the Central West LHIN and donations through the Bethell Hospice Foundation.