



Monthly Online Grief Support Group

This drop-in monthly bereavement support group is available to adults of all ages who have experienced the death of a loved one. This group is held completely online using a secure video platform through the Ontario Telemedicine Network (OTN) that allows for real-time conversations. Each month will explore a different question or topic. Feel free to attend just one, or join us for the whole year!

Meetings will alternate between the first **Wednesday and Thursday** of the month, from **6-7PM**.

Wednesday, January 3rd, 2018

What is the difference between grief and mourning?

Wednesday, July 4, 2018

What about rituals?

Thursday, February 1, 2018

What are common symptoms of grief?

Thursday, August 2, 2018

What are helpful coping strategies to deal with grief?

Wednesday, March 7, 2018

Open session - what are your questions?

Wednesday, September 5, 2018

Open session - what are your questions?

Thursday, April 5, 2018

How do loss and spirituality intersect?

Thursday, October 4, 2018

How can I help a loved one who is grieving?

Wednesday, May 2, 2018

How can I help my grieving children?

Wednesday, November 7, 2018

How can I cope with the holidays?

Thursday, June 7, 2018

Open session - what are your questions?

Thursday, December 6, 2018

Open session - what are your questions?

Enrollment is free of charge, but registration is required. Please RSVP to Sheryl Abraham, Bereavement Social Worker, at sabraham@bethellhospice.org or 905-838-3534 ext. 3010.

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