



## 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 Steven Janzen, Spiritual Care Coordinator, at [sjanzen@bethellhospice.org](mailto:sjanzen@bethellhospice.org) or 905-838-3534 ext. 3010.

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