

## OWEN SOUND & AREA Bereavement Support Group

Wednesdays:

March 30, April 6, 13, 20, 27

& May 4

7:00 - 8:30 pm

VON Grey Bruce office

1280 – 20<sup>th</sup> Street East, Owen Sound

Facilitator: Harry Huff

### *What is Grief Support?*

- ▶ It is a way to express our experience of loss
- ▶ It is support & compassionate caring for family members & friends of the deceased
- ▶ An opportunity to share feelings or just to listen and not be alone

Groups meet for 6 sessions

No charge to attend; Pre-Registration Required

For Information & Registration:

519-371-5331 x 247

mary.winkler@von.ca