



## Owen Sound, Hanover & Markdale Bereavement Support Groups

### What is grief support?

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

### Up-coming 8 week support group

#### Owen Sound

When: Wednesdays 10am to 12pm

Where: Calvary Missionary Church

Dates: January 22, 2020- March 11, 2020

#### Hanover

When: Mondays 1:30pm to 3:00pm

Where: Grace United Church

Dates: January 15, 2020- March 4, 2020

#### Markdale

When: Tuesdays 1:00pm to 3:00pm

Where: South East Grey Community Medical Centre

Dates: January 14-March 3, 2020

**No charge to attend; Pre-registration is required**

**For more information and registration, please contact Ingrid Bell at  
(519)376-5895 x 260 or [Ingrid.Bell@von.ca](mailto:Ingrid.Bell@von.ca)**