

Adult Grief Circle

Thursday, November 17, 2016 to January 5, 2017

6:00 p.m. to 7:30 p.m.

Hospice Niagara, 403 Ontario Street—Unit 2, St. Catharines

The Grief Circle is a peer support program for men and women in the Niagara Region who have experienced the death of a significant loved one. This eight week peer support program will focus on the grief journey and reconciling what was to what will be. Topics include: grief and mourning, grief symptoms, memories, self care, the six needs of mourning and the grief journey. All of our programs are run by trained Hospice Niagara volunteers



*Contact Melissa Penner, Bereavement
Advisor to confirm attendance*

P: 905-984-8766 ext 233

mpenner@hospiceniagara.ca

Please Note:

- Hospice Niagara is a scent free facility
- Park at the Church for Christ located beside Hospice Niagara
- Hospice Niagara is on the bus route.

Serving Families in Niagara

*Hospice Niagara - The Stabler Centre
403 Ontario Street, Unit 2
St. Catharines, ON L2N 1L5
F: 905-984-8242*



*Hospice Niagara - Welland Office
555 Prince Charles Drive
Welland, ON L3C 6B5
F: 905-735-1703*

*905-984-8766 | info@hospiceniagara.ca | hospiceniagara.ca | Charitable Registration # 899716294RR0001
We rely on donations to provide our programs and services.*