

# Hospice Niagara's Bereavement Support Programs

**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. The eight week peer support program will balance the importance of sharing your story and understanding grief. Topics include: grief and mourning, grief symptoms, memories, self care, healing pathways and the six needs of mourning.

**Monthly Adult Bereavement Support Group** are for individuals who have completed the Grief Circle program and can join for 6 consecutive months. This group will focus on topics like loneliness, building a support network, and baggage we carry etc.

**Grief Walk** is an opportunity to walk and talk with other individuals who are walking this grief journey. Grief Walk members will walk for 20 to 30 minutes and then go for coffee afterwards. Members can be part of this walk for up to 13 months.

**Bereavement Visiting Volunteer** program matches grieving individuals with trained Hospice Niagara Volunteers to provide emotional support focused on the individual's grief. This is not formal counseling.

**Adolescent Bereavement Support Program** is a peer support program for adolescents (ages 14 to 19 years of age). The program provides an opportunity for adolescents to remember, validate and commemorate the death of their loved one.

**Teen 2 Teen: My Grief Story** is a one day retreat for adolescents (ages 14 to 19 years of age) who have experience the death of a significant loved one. This retreat focuses on education, teaching of coping skills and encouraging story sharing.

**Children, Preteen and Parent Support Group** is a six week peer support program for children (6—9 years) and preteens (10 to 13 years) and their guardian/parent. This program uses a variety of activities to encourage children to talk about their grief, and learn positive coping strategies. The Parent/Guardian group will focus on how children grief and how to assist them in their grief. There are two sessions that bring all the groups together.

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

T: 905-984-8766 | [info@hospiceniagara.ca](mailto:info@hospiceniagara.ca) | [hospiceniagara.ca](http://hospiceniagara.ca) | Charitable Registration # 899716294RR0001

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