GriefShare

Grief recovery support group

JOIN OUR GRIEF SUPPORT GROUP

Find Comfort, Understanding, and Support

Grief Support Groups are offered to provide a safe space for individuals experiencing loss. Sessions are held in the evening, meeting **once a week for six weeks**.

Our Goal:

To offer a compassionate and supportive environment where participants can explore their grief, share their experiences, and receive guidance on their healing journey.

Topics Covered:

- Understanding grief
- Cultural beliefs and messages around grieving
- Different grieving styles
- The tasks of grieving
- Moving forward with hope

If you or someone you know is struggling with loss, we invite you to join us for this supportive experience.

Group setting is best suited for those who have experienced a loss longer than 6 months or more.

Grief Share Program

Starting Thursday Oct 22, 2026.
Duration 6 weeks.
6-8pm

Location
To be determined based on group size

Contact Lindsay to register
506-773-7607 x 201
Lindsay.donovan@hospicemiramichi.com

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