



*...bereavement
support...virtually...*

Bereavement Group for Adults "Loss during COVID"



The death of someone we love is a very difficult experience, and when it happens during a time of uncertainty and isolation such as COVID, the supports and rituals that would usually help us cope, are either very limited or unavailable.

If you can relate to this experience, you are welcome to participate in this 8-week bereavement group and meet others who have had a similar experience.

When we come together as a community to support each other, isolation is decreased, we build resilience and can start moving forward in our grief journey.

**Thursdays February 4 - March 25
@ 6:00-8:00pm via Zoom**

**For information please contact our Bereavement Coordinator, Vilma:
v.oliveros@hopehousehospice.com or 289-221-2778**

**If you are new to Hope House, please register through our Intake Coordinator, Georgina:
g.mercouris@hopehousehospice.com or 289-221-1355**

All programs & services at Hope House are offered at no cost. Donations are always appreciated.

During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more.

Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!