



Bereavement Support Group Schedule

Summer 2024

Understanding Grief



July 10th 6:30 pm - 8:30 pm

Aug. 8th 6:30 pm - 8:30 pm

Sept. 11th 6:30 pm - 8:30 pm

An educational session exploring common themes in grief that can serve as a road map for the grief process. Participants will learn coping strategies for this natural and necessary part of life.

*This group is recommended for the newly bereaved and new to our bereavement program.

Spousal/Partner Loss



Every Thursday from Sept. 19th until Nov. 14th: 6:30pm - 8:00pm

This 9-week group is for those who have experienced the loss of a spouse or partner. It offers participants a supportive and safe space to explore and navigate this difficult life transition.

*Open to those who are bereaved for at least 2 months.

*You only need to register once to attend all 9 sessions. Registration will be closed after the first session.

Parent Loss



Every Monday from Sept. 16th until Nov. 11th: 6:30 pm - 8:00pm

This 9-week group offers empathy, understanding, and practical guidance to help members navigate the grieving process and find healing after the loss of a parent. Participants connect with others who understand their unique grief.

*Open to those who are bereaved for at least 2 months.

*You only need to register once to attend all 9 sessions. Registration will be closed after the first session.

Grief Circle **In Person**

Every Monday from July 8th until Aug. 26th 7:00pm - 8:30pm

This 8-week group offers participants a safe space to share and explore their feelings. It will help attendees develop coping strategies while understanding both commonalities and the unique ways in which people grieve.

*You only need to register once to attend all 9 sessions. Registration will be closed after the first session.

* Open to those who are bereaved for at least 2 months.

Participants will meet at 1-855 Matheson Blvd. E. Mississauga

Walking Group for People in Grief at Erindale Park

Every Thursday April 18th to Oct. 17th

The Social Walking Group offers social connection for people who are bereaved and promotes the self-care practice of walking in nature. Volunteers will guide you on a walk along the Credit River followed by a social hour.

*You only need to register once

For 1 PM Walk
Register [HERE](#)

For 6 PM Walk
Register [HERE](#)

To register click on the specific date or click the  button or scan the QR code.

