



*Presents*

# Understanding Your Grief: A 6-Week Closed Support Group

Designed to help you deal with your grief  
and sadness after a loss.



Join us in a safe space: private  
and confidential, non-  
judgemental and inclusive.

Wednesday Evenings, 6:30-8:00

May 8, 15, 22, 29, June 5, 12

At the Hospice, 4353 County Rd 31, Williamsburg

(across from Pinkus Tire)

RSVP to Linda, [dcs@dundascountyhospice.ca](mailto:dcs@dundascountyhospice.ca)

or 613-535-2215

There is no cost to attend this support group.