

# Grief Recovery Group

The Action Program for Moving Beyond Death

Our Grief Recovery Program provides you with tools to help you recover and work through the loss of a family member or friend

## 7 or 8-Week Educational Program

- Led by Certified Grief Recovery Method Specialists®
- Safe evidence based environment
- Take effective & lasting action
- Small Groups, One-on-One, On-line options

## Join us :

- Mondays from Nov 1 - Dec 20, 6:30 - 8:30 pm (Kincardine)
- Wednesdays from Oct 27 - Dec 15, 9:30 - 11:30 am (Saugeen Shores)
- Saturdays from Oct 30 - Dec 18, 10 am - 12:00 noon (Lucknow)



*"We were heard in a loving & nurturing environment which promotes growth & healing."*

## Interested? Contact Us!

519-385-5683

[grief@huronshoreshospice.ca](mailto:grief@huronshoreshospice.ca)

[huronshoreshospice.ca](http://huronshoreshospice.ca)

[www.huronshoreshospice.ca/  
community-programs](http://www.huronshoreshospice.ca/community-programs)

Please note: Commitment to attend all sessions is required, this is not a drop-in group. This group is designed to facilitate people through the grief process.