

## Grief and Bereavement Support Group — Almonte

**Dates:** Thursday, November 2 to Thursday,  
December 14, 2023

**Time:** 5:00 to 7:00 p.m.

**Location:** Community Presbyterian Church,  
111 Church Street, Almonte

**Registration:** call 613-406-7020 or email  
[emily@hhnl.ca](mailto:emily@hhnl.ca)

**Registration deadline:** Thursday, October 26,  
2023

**Maximum attendance:** 8-10



Home Hospice North Lanark is facilitating a

**Grief and Bereavement  
Support Group in Almonte**



Every Thursday for 8 weeks  
November 2 to December 14, 2023  
from 5:00 to 7:00 p.m.

Community Presbyterian Church  
111 Church Street, Almonte

This is a closed group led  
by experienced facilitators

To register,  
please contact  
Emily Ballinger RPN  
Call 613-406-7020  
or email [Emily@hhnl.ca](mailto:Emily@hhnl.ca)

8 to 10 participants maximum

Queen Elizabeth II famously said, “Grief is the price we pay for love.” Most of us will, at some point in our lives, have to deal with this hard reality. Home Hospice North Lanark (HHNL) offers a Grief and Bereavement Support Group twice a year. Our next session will begin March 7, 2023.

A local individual who was faced with this reality joined one of our groups and had this to say about his experience:

“Each week the instructors got us talking about how we were doing and each of the participants had an opportunity to contribute. Over the course of eight weeks, we got to know each other and we were always supportive of each other.

What helped me the most was the information shared by our instructors, talking about my experience, and the suggestions offered by the instructors. At the end of the eight weeks, I wasn't the same person. I was better prepared to deal with my grief.

Thank you, Home Hospice North Lanark.”

If you have experienced a loss more than six months ago, we invite you to sign up for our next session.

The Group will be led by two facilitators with many years of experience in bereavement group facilitation. We create a safe and supportive environment where people who are grieving may come and openly express themselves. These groups are based on a peer support model with trained facilitators. The aim is to create a sense of community with others who are also experiencing grief, and help the participants to come to an understanding of the natural processes of grief.