

**VON Grey-Bruce
Supportive Care Program
Presents:
Bereavement Support
Groups & Services**



**Beginning Spring 2012
in Owen Sound, On**

What is Grief Support?

- It is a way to express our experience of loss.

The death of someone you love changes your world and may throw it into turmoil. How well you heal has a lot to do with how much you allow yourself to express your grief.

- It is support to family members and friends of the deceased.

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Benefits

- An opportunity to share feelings or just to listen and not be alone.
- Education and input from others.
- Support & compassionate caring.

Grief Support Groups

- Give people the opportunity to talk about their losses, share feelings and listen to others' stories.
- Meet once a week for eight weeks.
- Afternoon & evening sessions will be offered

VON Supportive Care Program Welcomes: Rev. Harry Huff B.A, B.Ed., M.Div.

- 25 years of pastoral ministry, funeral arrangements & grief counseling.
- 8 years as volunteer hospital chaplain.
- Grief counseling courses from Centre for Loss, Ft. Collins, Colorado.
- Member of OACCPP.
(Mental Health Professionals)

**For information & registration:
VON Grey-Bruce
519-371-5331 x223
Mary.winkler@von.ca**

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