



Grief Support Group

March 18th, 2019 (Northumberland County)

If you are grieving the death of a loved one and need a safe place to talk about your loss, join Community Care Northumberland (CCN)'s 8-week grief support group.

The group will be led by trained volunteer facilitators who will offer support, discussion, and provide resources about the experience of grief with participants.

"These sessions are meant to help participants learn about how grief and bereavement affects them," said Trish Baird – Executive Director of CCN. "They will help them understand their feelings and emotional responses that come with loss and how to express and communicate to others their needs and the best ways to provide support to them."

When asked what helps most from attending a grief support group, a former program participant shared "I was able to realize that I was not alone".

There is no charge for this program. Registration is required.

In Cobourg:

Date Begins: April 2, 2019 and runs for 8 consecutive weeks

Time: 10:00am – 12:00 noon

Location: Community Care Northumberland's office in Cobourg

Address: 1005 Elgin Street West, Suite 203, Cobourg, Ontario

For more information about this program or if you are interested in registering for the session, please call Community Care Northumberland's Hospice Services - (855) 473-8875 or email

hospice@commcare.ca

To learn more about Community Care Northumberland's Hospice Services visit:

www.commcare.ca/hospice-services.html

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