



Adult Grief Support Program

*An online support group for adults
who have experienced the death of a loved one*

The support group will be held over Zoom and is facilitated by a trained counsellor. Each week we will focus on a different theme, such as how grief can impact us physically, mentally, emotionally, and spiritually. The group includes a discussion of coping strategies and helpful resources.

Online Support Group via Zoom
Dates: 4-6 PM on Tuesdays
From: July 7th - July 28th, 2020
Pre-registration is required.

For information or to register, please contact
Kayla Hochfelder

By phone: (604) 737-7305 local 216
Or e-mail counselling@vancouverhospice.org

Vancouver Hospice Society is a registered charity.
Your donation ensures that VHS can continue to offer free bereavement programs
and other services to the dying and their families.