



Adult Grief Support Program

An online support group for adults who have experienced the death of a parent

The support group will be held over Zoom over a 4 week period and is facilitated by a trained counsellor. Each week we will focus on a different theme around grief and discuss how grief impacts us physically, mentally, emotionally, and spiritually. The group includes a discussion of coping strategies and helpful resources. The group is open to Vancouver residents and there is no fee for participation.

Online Support Group via Zoom
Thursdays (3-5PM) starting Feb 4th
4 meetings once per week
Pre-registration is required

For information or to register, please contact
Vanessa Silva
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.