



Adult Grief Support Program

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

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 cost for participation.

**Online Support Group via Zoom
Tuesdays (4-6PM) starting Feb 9th
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: counsellor@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.