



## 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 June 8th**  
**4 meetings once per week**  
**Pre-registration is required.**

For information or to register, please contact

**Louise Bélisle**

By phone: (604) 737-7305 local 216

Or e-mail: [counsellor@vancouverhospice.org](mailto: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.