

# Bereavement Support Group

Attending a group is one of the most effective ways in helping you cope with your loss.



## Have You Been Touched by the Recent Death of Someone You Love?

### Family Services of the North Shore

Find support and healing in a safe and caring environment with others who have also experienced loss. Sessions may include guided meditation, gentle touch and healing touch for relaxation and stress relief.

**When:** Thursdays, **March 23 to May 11 (except April 13th) 2017**  
6:30 to 8:30pm

**Where:** Sunrise Senior Living, 980 Lynn Valley Road, North Vancouver

**Cost:** No Fee

**Register:** Call 604.985.8713 or email [Quenneville@familyservices.bc.ca](mailto:Quenneville@familyservices.bc.ca)

Family Services of the North Shore  
#203 -1111 Lonsdale Avenue  
North Vancouver, BC V7M 2H4  
Phone: 604-988-5281  
Fax: 604-988-3961

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



Caring for our Community