

# 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, **May 4 to June 22, 2017**  
6:30 to 8:30pm

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

**Cost:** No Fee

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

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Caring for our Community