

Grief Support Group

"This group has given me a sense of community, hope, patience and happiness, even while going through loss" -Past group participant



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, **January 25 to March 15**
6:30 to 8:30pm

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

Cost: Free, but registration is required.

Register: Call 604.985.8713 or email Quenneville@familyservices.bc.ca

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Caring for our Community