

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 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: Wednesdays, **September 19 to November 7, 2018**

Time: 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



Family
Services
NORTH SHORE
Changing lives together