

# Drop-in Group

Trained bereavement volunteer facilitators welcome you into a compassionate and open space where you can connect with other individuals on their grief journey.

**1:00 p.m. - 3:00 p.m.**

**April 6 & 20**

**July 6 & 20**

**October 5 & 19**

**May 4 & 18**

**August 3 & 7**

**November 2 & 16**

**June 1 & 15**

**September 7 & 21**

**December 7 & 21**

*Mandatory registration closes at 11 am on the Monday the week of the session, or earlier if maximum capacity has been reached. For further information and/or to register contact Helen Harrington, Bereavement Services Coordinator @ (613)591-6002 ext. 243.*

