

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 & 17

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.

