

# 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.**

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**Thursday, January 19**

**Thursday, February 2**

**Thursday, February 16**

**Thursday, March 2**

**Thursday, March 16**

*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.*

