



Grief Support Group

Grief Support Groups can help by...

- **OFFERING:** grief support in a safe & non-judgmental environment
- **REASSURING:** that help is available & who you can call when it seems 'too much'
- **ACKNOWLEDGING:** your healing process
- **TEACHING:** coping skills to help you through even your most difficult days
- **PEER SUPPORT:** sharing emotional and practical support
- **SUPPORTING:** the discovery & creation of your 'new normal' while honoring the past
- **GIVING:** you permission to grieve & permission to live a happy, productive life.

Join Us on the

2nd and 4th Wednesday of Each Month

1:00-3:00 p.m.

To register or confirm your attendance, please call

Community Support Services

P.O. Box 956, Haliburton, ON K0M 1S0

Tel 705-457-2941 or 1-855-285-2944

www.hhhs.ca