

Grief Support Group

Grieving is a necessity, not a weakness. It takes time to heal from the loss of a loved one. Each of us grieves in our own way. It is normal to experience intense emotions, mood swings and feelings of loneliness. The bereavement support group will offer knowledge, understanding, encouragement, support and ways to help you cope as you go through the grieving process and begin to heal from your loss.

Friday's
1:30 – 3:30 pm

Where: Thunder Bay 55 Plus Centre

**There is no cost but please register by calling Twyla Biluk @ 684-3471
Group is for people 55+**

**This is a joint program by the Thunder Bay 55 Plus Centre and the
Catholic Family Development Centre.**