

## GRIEF SUPPORT GROUP

### Description

This education and support group is designed for those who are dealing with the death of a loved one. Taking a faith-based perspective, we will explore various aspects of grief, how grief affects one's emotions, behaviours, body, mind and spirit. We will look at tasks one can do and adjustments one can make to move through grief, and help find ways to reinvest in one's life in meaningful ways.

The contents of the course are based on the materials of Dr. Bill Webster, Centre for the Grief Journey.



### Leadership

#### **The Rev. Dr. Deborah Hart**

Minister of Deer Park United Church in Toronto, who has been facilitating grief support groups for over 25 years.

**Sponsored by Christ First United, Maple Grove United, St. Cuthbert's Anglican and Walton United churches.**

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**Location:** On-line by Zoom  
**Dates:** 6 Wednesdays, Jan. 19 – Feb. 23, 2022  
+ one follow-up session – date TBD  
**Time:** 7:00 – 8:30 p.m.  
**Cost:** \$20 per participant for the course materials  
**Contact:** Maeva Donaldson  
905-845-7454 or [maeva.k.d@hotmail.com](mailto:maeva.k.d@hotmail.com)  
for more information or to register