

Free Grief Support Sessions

Windsor Regional Library

Many people find comfort in knowing that they are not alone in their grief. These sessions will provide the opportunity to come together in a supportive environment to explore the grief experience. Sessions are open to anyone over the age of 18. You are welcome to register for one, two or all three sessions.

Grief Literacy – Learning about this Wild Ride

Thursday, September 14, 2023, 1:30-3:00 p.m.

Grief & the Power of Creativity

Thursday, October 12, 2023, 1:30-3:00 p.m.

Living with Grief through Anniversaries & Holidays

Thursday, November 9, 2023, 1:30-3:00

Facilitators are Jocelyne Tranquilla, Bereavement Coordinator, Nova Scotia Health Palliative Care Service (Central Zone) and Candace Norman, Social Worker, Hants Community Hospital.

**To register please contact
Candace Norman at 782-838-0925
or candace.norman@nshealth.ca**

www.nshealth.ca/bereavement

