

# Grief Support Group Schedule - Fall 2023

## Nova Scotia Health Palliative Care Service, Central Zone

*Many people find comfort in knowing they are not alone in their grief. These sessions provide the opportunity to come together in a supportive environment to explore the grief experience with others. Grief groups are open to friends and family of those who have died in the care of Palliative Care Service and are over the age of 18.*

**Closed Groups** (*members commit to attending all sessions and register in advance so facilitator can ensure group is a good match for all*):

### **Chocolate Lake Community Centre**

Thursdays 6:30 to 8:00 p.m.  
Sept. 21, 28, Oct. 5, 12, 19, 26

### **Living with the death of a parent** Virtual (Zoom)

Tuesdays 6:00 to 7:30 p.m.  
Oct. 3, 10, 17, 24, 31, Nov. 7

**Open Groups** (*members may join at any time and are welcome to attend one or all sessions*)

*Please read dates carefully:*

### **Alderney Gate Library**

Wednesdays 1:00 to 2:30 p.m.  
Sept. 27 through Dec. 13

### **Windsor Regional Library**

(Second Thursday of the month)  
Thursdays 1:30 to 3:00 p.m.  
Sept. 14, Oct. 12, Nov. 9

### **Musquodoboit Harbour Public Library**

(Third Thursday of the month)  
Thursday, Sept. 21 - 12:30 to 2:30 p.m.  
Thursday, Oct. 19 - 10 a.m. to 12 p.m.  
Thursday, Nov. 16 - 12:30 to 2:30 p.m.

**To register for any group or  
for more information email  
[CZbereavement@nshealth.ca](mailto:CZbereavement@nshealth.ca)  
or call 902-473-1622**