

Living with the Death of a Spouse Grief Support Group (Virtual)

Nova Scotia Health Palliative Care Service

You are not alone in your grief. Come together with others and explore grief in a facilitated, supported space. This group is open to spouses over the age of 18 who experienced the death of a partner who was cared for by a Palliative Care Program.

Prior to joining the group every participant will meet with one of the facilitators for an initial conversation, which is done over Zoom. We will let you know what to expect in the group, explain the group format, and answer any questions that you may have.

These are weekly two-hour sessions that run for seven weeks.

October 2 - November 13, 2024
Wednesdays 6 - 8 p.m.
Virtual (Zoom)

For more information or to register
please email
czbereavement@nshealth.ca
or call 902-473-1622



Visit nshealth.ca/bereavement to learn more.

