

## LOSS OF A CHILD BEREAVEMENT GROUP

Support group for individuals coping with the loss of a child

Facilitated by Sarah Brown, MA RP



Our aim is to provide support for individuals coping with the loss of a child. Participants share their unique experiences, receive practical information, resources, and coping strategies in a supportive environment with others who have gone through a similar loss.

## **Benefits**

- Connect with others who have shared similar experiences.
- Share your thoughts and feelings in a supportive and confidential environment.
- Facilitated by a licensed and qualified Registered Psychotherapist.
- Gain valuable insights, resources, and effective coping techniques.

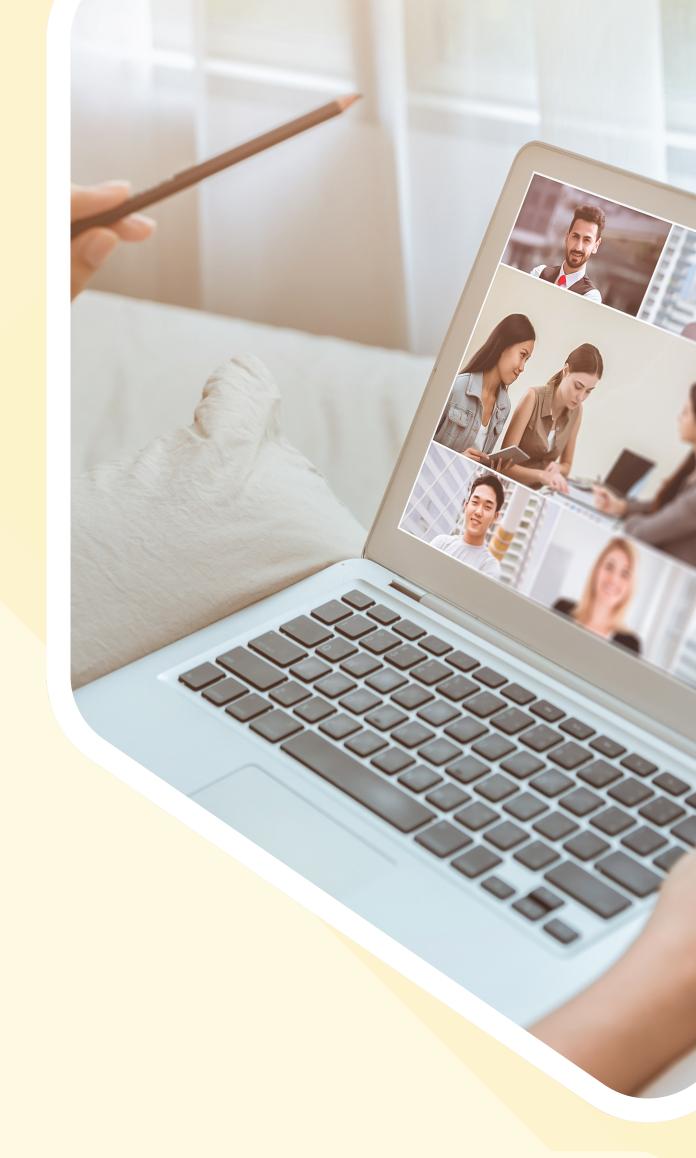
## **Details**

- 7 Online Sessions (Zoom)
- 10:00 am 11:15am (Saturday's)

April 6 May 4 June 1 April 20 May 18 June 15 June 29

- Small group (8-10 participants)
- Cost: \$450 + HST (insurance receipts provided)

Healing is a journey, and you don't have to travel it alone.



## **GET IN TOUCH**

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