

LOSS OF A CHILD BEREAVEMENT GROUP

Support group for individuals coping
with the loss of a child

Facilitated by Sarah Brown, MA RP

Goals

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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