



New Adult Bereavement Support Group

April 23rd, 2018 (Northumberland County)

Are you grieving the death of a loved one?

Hospice Services is offering a new 8-week adult bereavement support group that will give you the opportunity to receive support from others who have experienced the death of a loved one.

Participants will express personal experiences, share feelings and find ways to move through their unique experience of loss, grief and bereavement.

Our specially-trained volunteers will offer support, facilitate group discussion and, provide resources, to help each participant move through their grief. There is no charge for this program. Registration is required.

“Peer support can help you cope with the experience of losing someone close to you. Just having an understanding ear can be crucial,” said Trish Baird – Executive Director of CCN. “We are excited to be able to offer this opportunity for people experiencing loss through CCN Hospice Services”.

Name: Adult Bereavement Group

Group Begins: Tuesday, May 1, 2018 and runs every Tuesday for 8 consecutive weeks

Time: 10:00am – 12:00 noon

Location: Community Care Northumberland’s office in Cobourg

Address: 1005 Elgin Street West, Suite 203, Cobourg, Ontario

To register: Call Community Care Northumberland’s Hospice Services - (855) 473-8875 or email hospice@commcare.ca.

To learn more about Community Care Northumberland’s Hospice Services visit:

www.commcare.ca/hospice-services.html

Media information:

Cheryl McFarlane
Hospice Services Coordinator
Community Care Northumberland
(855)473-8875
c.mcfarlane@commcare.ca

Trish Baird
Executive Director
Community Care Northumberland
(866)514-5774
t.baird@commcare.ca



“Giving Strength Through Caring”

www.commcare.ca