



New Program Begins: Sip and Share Grief Hour

November 28th, 2017 (Cobourg/Trent Hills/Northumberland County)

If you are grieving and need a safe place to talk about your loss, join Community Care Northumberland (CCN)'s new monthly program called: **Sip and Share Grief Hour**.

This new program provides a drop-in session offering coffee and conversation about grief. Sessions are led by trained volunteers who will offer support and bereavement resources, and will facilitate discussions about the experience of grief with participants.

There is no charge for this program.

"These sessions are meant to help participants learn about how grief and bereavement affects them," said Trish Baird – Executive Director of CCN. "They will help them understand their feelings and emotional responses that come with loss and how to express and communicate to others their needs and the best ways to provide support to them."

"We are starting with two locations, residents of Northumberland County can choose which location would best work for them to attend," Baird added.

In Cobourg: Sip and Share Grief Hour

Date Begins: December 7, 2017

Future Dates: Continuing each month on the 1st Thursday of each month

Time: 10:00am – 11:00am

Location: Community Care Northumberland's office in Cobourg

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

In Warkworth: Sip and Share Grief Hour

Date Begins: December 14, 2017

Future Dates: Continuing each month on the 2nd Thursday of each month

Time: 2:00pm – 3:00pm

Location: The Bridge Hospice

Address: 137 Old Hastings Rd, Warkworth, ON K0K 3K0

For more information about this program or if you are interested in attending either session, please call Community Care Northumberland's Hospice Services Department - (855) 473-8875 or email hospice@commcare.ca

To learn more about Community Care Northumberland's Hospice Services Department 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