



Hospice Palliative Care Ontario invites you to join our
Virtual Compassion Care Community Centre's:

Grief Support Group

Every Monday Starting March 15, 2021
6:30 PM – 8:00 PM EST

Click here to join the sessions. <https://hpcoco.zoom.us/j/92003598318>



Facilitated by:

Eugene Dufour, BA, MDiv

Certified Compassion Fatigue Educator, Certified Bereavement Specialist

Description

One of the hardest things we must do sometimes is to be present to another person's pain without trying to "fix" it, to simply stand respectfully at the edge of that person's mystery and misery.

Parker J. Palmer

Grief is a normal process of responding to a loss. The purpose of this grief group will be to encourage participants to safely explore the emotional, physical, social, and spiritual aspects of coping with the death of a relative or friend. A main principle of this grief group will be that whatever is shared in the group will be held with the strictness of confidence. This grief support group will be an open group which means participants can join the group at any time. These sessions will take place virtually over Zoom.

Intended Audience

Anyone who has experienced a loss and is grieving.

You can use a laptop, desktop or smartphone to join these sessions. [If you require support on how to join a session, please click here.](#) If you have any questions, feel free to send an email to Nav.Dhillon@hpcoco