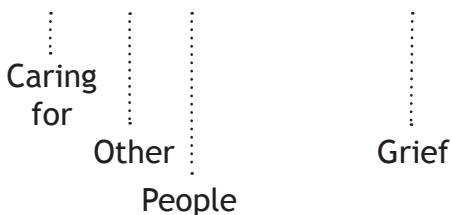


Griefwalk

BEREAVEMENT SUPPORT

COPING



In a world that is often grief avoidant, COPING offers a safe place to find understanding and hope, through companionship with others who have walked through grief themselves.

COPING provides group and individual support, education and compassion to those who are experiencing grief due to the death of a loved one.

Support groups are facilitated by trained individuals who understand what you are experiencing. You will learn about grief and find ways to cope as you mourn. You will become part of a small group of people who are also experiencing the loss of a loved one. Groups meet weekly for 8 - 10 weeks, and will be offered spring, summer and fall.

COPING is free of charge and strict confidentiality will be maintained. Groups are held at Lakeside Church, 7654 Conservation Road, Guelph.

For more information or to register please call Marian Boyd 519-836-8141 ext. 237.