

Grieving the loss of a loved one is a time of deep pain and often confusing emotions.

Group participants will receive knowledge of how loss affects us and what to expect in the weeks, months, and years ahead.

The program facilitators are committed to creating an atmosphere of openness, respect and acceptance.

What Do Past Participants Say?

"The opportunity to meet with others who are also living with grief was one of the most valuable parts of the group experience."

To Register & For More Information

Please Contact:

St. Mary's Hospital

780.679.6131

Information Required for Registration:

Name & Phone Number

We ask that all participants make a commitment to attend the entire 8 week program.

Registered participants will be contacted by a program facilitator prior to the introduction session.



Covenant Health
St. Mary's Camrose

Grief and Bereavement Support Group

St. Mary's Hospital

*...for those who have experienced
the death of a loved one.*

*You do not have to walk
this road alone...*

GRIEF & BEREAVEMENT SUPPORT GROUP

8 Sessions (x1/week)
6:30/7:00 - 8:30/9:00 p.m.

Offered 3 times throughout the year:

Spring

Fall

Winter

Meeting dates and time
may vary each season.

If you are unable to participate in
the upcoming program, you
may register for a future group.

LOCATION:

St. Mary's Hospital
Multipurpose Room
4607 – 53rd St.
Camrose, AB

Interested participants
will be contacted by a
facilitator whom will:

- ✓ Discuss with you the program content.
- ✓ Assess the best time for you to participate in the group.
- ✓ Help answer your questions.



Program Summary:

- Presentations on different aspects of grief & bereavement.
- Group discussion & activities.
- Knowledge sharing of how loss affects us & what to expect ahead.
- Opportunity to create a support network with other participants who are also living with grief.
- Final session involves honoring the memory of a lost loved one & reflection on the journey as a group member.

*Participants are invited to join
in the above opportunities in
whatever way is helpful for
them as individuals.*