



# Bereavement Support Groups - Spring 2026

Supporting individuals and families through grief and healing.



## Spousal/Partner Loss

Offered three times a year

Every Thursday  
April 9th - June 4th

6:30 pm - 8:00 pm

For 9 weeks, individuals who have lost a spouse or partner can explore and navigate this challenging life transition in a supportive, safe space.

Open to individuals bereaved for at least 2 months. Registration closes after the first session.

REGISTER HERE



## Parent Loss

Offered three times a year

Every Monday  
April 13<sup>th</sup> - June 8th

6:30 pm - 8:00 pm

This 9-week group offers empathy, understanding, and practical guidance to help participants navigate the grieving process and find healing after the loss of a parent.

Open to individuals bereaved for at least 2 months. Registration closes after the first session.

REGISTER HERE



## Understanding Grief

Monthly educational session

Offered monthly

Multiple days/times available.

This is an educational session, not a support group.

This is a “sit back and listen” educational session exploring common themes in grief that can serve as a road map for the grief process. No participation is expected.

This single session is recommended for the newly bereaved and new to our bereavement program.

REGISTER HERE



All groups are offered virtually

You can also register by visiting [www.hospicemississauga.ca](http://www.hospicemississauga.ca), selecting

Activity  
Calendar

or by scanning the QR code.

SCAN ME



For more information email us at [intake@hospicemississauga.ca](mailto:intake@hospicemississauga.ca) or call 905.712.8119