



HOSPICE
MISSISSAUGA

UNDERSTANDING GRIEF

Monthly Educational Session

This is a “sit back and listen” educational session exploring common themes in grief. Participants will gain coping strategies for navigating this natural part of life. This session is recommended for the newly bereaved and those new to our program. No participation is expected.

Upcoming Sessions:  On Zoom

Thur. April 16th	1pm - 3 pm
Wed. April 22nd	6 pm - 8 pm
Thur. May 13th	1pm -3 pm
Thur. May 21st	6 pm - 8 pm
Thur. June 11th	1pm -3 pm
Thur. June 17th	6 pm - 8 pm

REGISTER HERE



OR

SCAN ME



Understanding Grief is offered every month and it covers the same material each time.

Visit us at hospicemississauga.ca

**Activity
Calendar**

For more information, please email us at info@hospicemississauga.ca or call us at 905-712-8119.