



GRIEF & BEREAVEMENT PROGRAM presents:



The Journey Forward: Navigating life after the loss of a life partner

This is a virtual closed group that requires a 6 consecutive week commitment.

**Every Thursday
January 23, 30, February 6, 13, 20, 27, 2025
via ZOOM from 2:00—3:30**

This six-week, webinar is designed for individuals grieving the loss of a spouse/partner.

Led by the SCHC Grief & Bereavement Coordinator, the group offers a supportive, confidential space for sharing and healing.

Each session includes grief education, with a focus on the unique challenges of spousal loss and grief. Connect with others who understand and gain tools to navigate this challenging journey.

**NO FEE FOR SERVICE
Registration required
New clients must be assessed prior to enrolment.**

**To register please contact: BereavementCare@schcontario.ca
or 416-642-9445 Ext:4420**