



**THE GRIEF RECOVERY
OUTREACH PROGRAM®**

8 WEEKS THAT WILL CHANGE YOUR LIFE!

GRIEF...is surrounded by so many myths, like –

- Time heals all wounds
- Replace the loss
- Grieve alone
- Be strong for others
- Hide your feelings

“Sound familiar???....”

**DATE: Thursday, April 27th, 2017
to
Thursday, June 15th, 2017**

TIME: 7:00 P.M. – 8:30 P.M.

**LOCATION: CMHA BUILDING
92 Goderich Street, West
Seaforth, On.**

**COST: \$35.00 which includes resource book and materials
MUST PRE-REGISTER**

Take this first step in your recovery. Call or email today!



CLINTON: 519-482-3440 Ext. 6301
WINGHAM: 519-357-3210 Ext. 5520

Email: infohospice@tcc.on.ca

