

Are you dealing with a loss in your life?



Is Grief and Loss Limiting Your Life & Relationships?

Join us and we will give you the tools to heal your heart.

What: 6 Weekly Group Bereavement Workshops

Where: St. James Parish
231 Morden Road, Oakville

When: Monday Evenings from 7:30 – 9:30 pm

Dates: **May 1, 8, 15, 22, 29 and June 5**

Who: Anyone dealing with a loss in your life
(Death of spouse, child or miscarriage; divorce;
job loss; loss of your home; health; a pet; culture;
infertility; romantic relationship; ailing parents)

Cost: \$35 (includes material)

For information contact: Ilse at 905-338-1778

To Register: www.hamiltondiocese.com; 905-528-7988 ext. 2249