

Drop in Program

Grief Support

Men's Support Circle

"Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn't mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining." – David Kessler

Come as you are and join our trained peer volunteers and other men to connect and share about your loved one as well as your unique grief experience.

- Drop-in format – join us for one or any of our monthly meetings!
- The support group has been designed to be offered in person safely or virtually dependent on COVID-19 & Public Health Guidelines.
- New topic each session. Led by trained volunteers.

Our Men's Support Circle is held from 6:30–8:00 p.m. on the following dates:

- | | |
|---------------|---------------|
| • October 8 | • February 11 |
| • November 12 | • March 11 |
| • December 10 | • April 8 |
| • January 14 | |



Safe Space

What's said in- group
stays in group

Call 905-387-2448 ext.2206 or support @kemphospice.org to Register

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