

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:** Tuesday Evening from 7:00 – 9:00 pm
- Dates:** **October 24, 31, November 7, 14, 21 & 28**
- 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