

Grief Relief

**When: Tuesdays, May 2, 9,
16, 23, 30 June 6**

Time: 1:30 - 3:00 pm

**Location: Chancery Office
700 King St. W, Hamilton**

OR

**When: Wednesdays,
May 3, 10, 17, 24, 31
June 7**

Time: 7:30 - 9:00 pm

**Location:
Holy Rosary Church
287 Plains Road East
Burlington, ON**

To Register:

Call: 905-528-7988 ext.
2249

E-mail: familyministry
@hamiltondiocese.com

On-line:
www.hamiltondiocese.com

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<https://withsympathygifts.com/>

Facilitated by: Dr. Wendy Hofman Certified Grief Relief Facilitator

Join us for this complimentary six week educational video series that will help you learn about and cope with grief.

Has someone you cared about died?

Are you feeling emotional, grieving the loss of the person's presence in your life?

Are you wondering if these feelings and reactions are normal? You are not alone!

Attend all sessions, or any that you are able. Sessions are free, open and independent. Everyone is welcome, regardless of how much time has passed since your loss.