

# Grief Relief

**When: April 24 - May  
29, 2019**

**Time: 7:00 - 8:30 pm**

**Where: Chancery  
Office,  
Hamilton**

**Cost : \$35**

## **To Register:**

Call: 905-528-7988 ext.  
2249

E-mail: familyministry  
@hamiltondiocese.com

On-line:

[www.hamiltondiocese.com](http://www.hamiltondiocese.com)

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**Facilitated by: Karen Hulley; Trained Grief Facilitator**

**Join us for this 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. Everyone is  
welcome, regardless of how much time has passed since  
your loss.**