



# Heartache To Healing

St. Michael Catholic Church  
Grief Support Group  
80 University Avenue W  
Waterloo, ON N2L 3C7  
Phone: 519-884-9311  
Email: [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

**Have you experienced the loss of a loved one,  
or another significant loss?**

**Join our Grief Support Group.**

**6 weekly sessions** will be offered this Fall on Thursday evenings:

**October 22 to November 26, 2020**

7:00-8:30pm (doors open at 6:30pm)

Ongoing grief support sessions, guest speakers and socials are held every couple of months following the 6 week program. These ongoing sessions provide familiar support as you continue on your grief journey.

Knowledge is power and the support of others who are on a similar journey will help you move forward.

**There is no fee, but you must register by October 12 2020.**

**Everyone is welcome. Bring a friend.**

**For more information and to register:**

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| <b>Visit our website</b> | <b><a href="http://www.stmichaelw.ca/grief-support">www.stmichaelw.ca/grief-support</a></b> |
| <b>Email</b>             | <b><a href="mailto:parish@stmichaelw.ca">parish@stmichaelw.ca</a></b>                       |
| <b>Phone</b>             | <b>Parish office – 519-884-9311</b>   |

Requirements and restrictions will be communicated to ensure a safe environment (face coverings, social distancing, etc.)