



Heartache To Healing

St. Michael Catholic Church
Grief Support Group



GRIEF SUPPORT GROUP

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

Learn, share and socialize with others who are a similar journey.

Program #1 – Fall (6 consecutive weeks on Wednesday evenings at 7:00 pm)

Join our Grief Support Program Group Oct. 19-Nov. 30

During this time we will cover the theory behind grief, with time to share and socialize.

Program #2 – Monthly Informal Grief Support Group

Join us on the 2nd Wednesday of every month

(September 14, October 12, November 9, December 14 2022) at 7:00 pm

for an informal gathering to learn, share and socialize.

St. Michael Catholic Church

80 University Ave. W. Waterloo, ON

To register: Phone 519-884-9311, or Email: parish@stmichaelw.ca

Visit our website for dates and more information:

stmichaelw.ca – Ministries – Grief Support

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 from the group as you continue on your grief journey.

There is no fee. Everyone is welcome.

Heartache to Healing is an informal support group for those who are experiencing a loss. The program content is based on Dr. Bill Webster's "Grief Journey". Dr. Bill Webster is a grief counsellor, author and well known international speaker. This program is endorsed by the Diocese of Hamilton.