

Thank you to Parkland Funeral Home
and Crematorium for their financial
support of our program

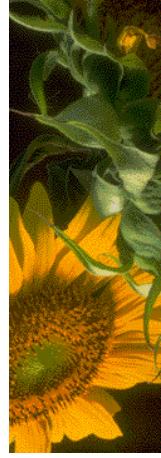


*"Truly, it is in the
darkness that one finds
the light, so when we are
in sorrow then this light
is nearest to all of us."*

- Meister Eckhart

Bereavement Support Group

Red Deer Hospice
99 Arnot Avenue
Red Deer, AB
Phone: 403-309-4344
Fax: 403-347-4356



Bereavement Support Group

99 Arnot Avenue
Red Deer, AB T4R 3S6
403-309-4344
www.reddeerhospice.com

Program Information

- will be held weekly for 2 hours over an eight week time period

- held at the Red Deer Hospice

- no charge to attend

- topics covered include:

- getting acquainted
- sharing your grief story
- understanding grief
- expressing & accepting feelings
- remembering
- role changes
- stress management
- self esteem
- support systems

Bereavement services offered through Red Deer Hospice are one way we offer support to members of the community. Our bereavement support group offers a chance to learn about loss and grief. Held weekly over an eight week period these 2 hour meetings offer support and education to people who are grieving. Facilitated by successfully trained, compassionate and caring volunteers the bereavement group offers a group setting for 6 to 10 people to learn together, to receive and offer support, and find success in coping with their grief.

Registration Form

Name: _____

Address: _____

Telephone: _____

Date of loved ones death: _____

Relationship to deceased: _____

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