

"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

'Good Grief' Support Group

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



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

This workshop has been
partially supported by::



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 started
 - connecting with the story
 - understanding grief
 - conversations with myself and others
 - stress management
 - support systems
 - self esteem
 - who am I now?
- Plan B! Strategies for special occasions
- 'Hope' - this isn't goodbye,

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. Our "Good Grief" support group is held weekly over eight weeks. These 2 hour meetings offer support and education to people who are grieving a loss through death. Facilitated by successfully trained, compassionate and caring volunteers the "Good Grief" support group offers a safe environment for 6 to 10 individuals to learn together, to receive and offer support, find success in coping and to work their grief in a healing manner.

Registration Form

Name: _____
Address: _____

Telephone: _____

Date of loved ones death: _____

Relationship to deceased: _____

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