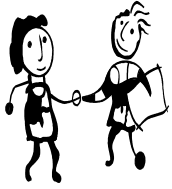


# UPCOMING PROGRAMS & WORKSHOPS



## CHILDREN'S GROUPS

Children's groups meet once a week over a seven week period. Groups are led by **Bernard Lamarche**, R.S.W. and trained grief facilitators. The group offers activities to help children identify feelings and learn from one another on coping with the death of a special person.

**ADULT INFORMATION SESSIONS** are held in conjunction with the children's groups and are recommended for Parents and/or Guardians to attend. The sessions include information and education on children's grief and effective ways to help children and families cope with loss.

For more information on our children's groups or to register please call or visit the Bereavement Centre.

**NO COST FOR CHILDREN TO ATTEND**

## ADULT CLOSED GROUPS 6 weekly sessions

Registrations are accepted on an ongoing basis and groups start up as soon as eight participants have registered. For more information on Closed Support Groups or to register please call or visit the Centre.

This program is led by trained facilitators who also have experienced the loss of a significant person. Numerous studies have shown that the best help for a bereaved person is another person who has lived through that experience and rebuilt his or her life.

Program includes a workbook with home and journaling activities to help participants meet their objectives. Groups are available for the following losses: loss of a child, loss of a spouse/partner, loss of a parent/sibling and loss to suicide.

**TO REGISTER CALL 613-936-1455**

## CANDLELIGHT SERVICE OF REMEMBRANCE

**Wednesday December 14<sup>th</sup> 7 p.m.** (Doors will be open at 6:30 p.m.)

**LOCATION: Knox St. Paul's United Church, 800 12<sup>th</sup> Street East, Cornwall, ON**

We are pleased to announce that Knox St. Paul's United Church has donated the use of their hall again this year to accommodate the number of families who attend Bereaved Families Annual Candlelight Service. Knox St. Paul's United Church will also be providing refreshments after the service.

***This is a non-denominational service. Everyone is welcome!***



**Together we can share and celebrate our loved ones living  
Together we can find Courage, Hope and Healing**