

# PROGRAMS & WORKSHOPS

## *CANDLELIGHT SERVICE OF REMEMBRANCE*

Wednesday December 10<sup>th</sup>

7 p.m. at the

**Royal Canadian Legion Hall**

Due to the large number of families who find comfort in attending Bereaved Families Annual Candlelight Service we are please to announce that the Legion has donated the use of their hall and also will be providing refreshments after the service.

**Together we can Share and Celebrate our  
loved ones living**

**Together we can find Courage, Hope and  
Healing**

Doors will be open at 6:30 p.m.

## CHILDREN'S GROUP 6 week session



AGES UP TO 11

February 4<sup>th</sup> - March 18<sup>th</sup>

For children who have lost a special person. Groups are led by a registered social worker and trained facilitators and are designed to support and encourage the unique needs of young grieving children. Through discussion, play and art activities children are able to understand their experiences of death and loss and connect with each other in a supportive, safe and nurturing atmosphere.

**ADULT INFORMATION SESSIONS** are held in conjunction with the children's group 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 cope with loss as a family.

## HOPE FOR THE HOLIDAYS OUTREACH COMMUNITY SUPPORT

Bereaved Families would like to provide support to **your community** and is interested in finding a partner to host Hope for the Holidays this November.

This three part series focuses on helping the bereaved and coping with the upcoming Holiday Season. The following speakers will address different areas of loss and recovery through their own personal experience.

### **Session One**

Loss of a Spouse with Suzanne Hirst

### **Session Two**

Loss of a Parent/Sibling with Judy Scheffer

### **Session Three**

Loss of a child with Barry MacDonald

If interested in more information please call Suzanne  
613-936-1455