



Good Shepherd Centres

Hospice and Palliative Care Program
Grief and Bereavement Services

> Our Services



- **1:1 Grief and Bereavement Counselling:** short-term therapeutic and psycho-educational counselling.



- **Eight-Week Grief and Bereavement Groups:** Eight-week psycho-educational and therapeutic support groups for those who have experienced bereavement.



- **Educational Events:** Themed webinars and educational events, providing support to bereaved individuals, those who work with bereaved groups and caregivers experiencing anticipatory grief.

***Please email us for information on upcoming groups and events.**
Through our intake process, we assess your needs to fit the scope of our program.

> Benefits of Seeking Support

- **You're not alone — support helps you feel understood.** Connecting with others who care can ease feelings of isolation.
- **Talking eases the weight of grief.** Expressing your emotions can bring relief and clarity.
- **Support can reduce anxiety and depression.** Grief counselling provides tools to manage overwhelming feelings.
- **It helps you find healthy ways to cope.** Learn strategies to navigate loss and rebuild daily life.
- **Healing starts with sharing your story.** Telling your experience can be a powerful step toward recovery.

Our aim is to connect with clients in their own experiences of grief by listening to their stories and walking alongside them through the process.



905.528.5877 x3284



emmanuelhousehospice@gsch.ca