

## **Grief Support Groups in 2009**

*Penticton & District Hospice Palliative Care Program  
Moog & Friends Hospice House*

### **8 Week Grief Support & Education Group**

*February 6-March 13*

*A closed, small discussion group. Location is at the Penticton Art Gallery.*

*Fridays 10:00 a.m.-Noon*

*Pre-registration is required, contact Dawn at 492-9071 (ext. 2203)*

### **Bereavement Walking Groups**

***Spring Session: April 3-May 29***

*are offered in the Spring and in the Fall from the Japanese Gardens in Penticton with coffee afterward at the Penticton Art Gallery. Open, drop-in, no need to register.*

*Fridays 9:45 a.m. - Noon*

***Fall Session: Sept. 11- Oct. 30***

*Fridays 9:45 a.m.- Noon*

### **Grief Education Video Series**

*November 13 -December 11*

*for those who have suffered a loss 7 weeks, one morning/week at the Penticton Art Gallery.*

*Fridays 10:00 a.m. - Noon*

*Drop-in. No need to register.*

*Please note that these groups are held at the Penticton Art Gallery Tea Room or the Japanese Gardens.*

***Individual grief counselling sessions are available by appointment. For further information, please contact Dawn Hill, Social Worker at 492-9071 (ext. 2203) about grief support***

*"Death ends a life, but not the relationship. In memory, we carry our loved ones forward with us and these memories are a part of their lasting legacy. Our hope is that by participating in these supportive and educational sessions, you will learn helpful ways to manage your grief, discover ways to practice self-care, and find home for the future. All groups are free of charge."*