



# North Shore 2016 GRIEF SUPPORT

For information and registration  
call 604.696.1060

January 20<sup>th</sup> - February 24<sup>th</sup>

April 13<sup>th</sup> - May 18<sup>th</sup>

October 26<sup>th</sup> - November 23<sup>rd</sup>

#### GRIEVING HELPS YOU MOVE FORWARD

The loss of a loved one can be a deeply painful experience, and may include any number of difficult physical and emotional reactions.

The Grief Recovery Program offers a safe and nurturing environment for you to learn how to understand, cope with, and adapt to your loss. You'll participate in a small group setting led by our specially trained professionals who will encourage you to share at your level of comfort.

Lower Mainland Grief Recovery Society is a non-profit organization that is not religiously based. Support groups are offered 3 times per year in various locations in the Lower Mainland.



Telephone 604.696.1060  
Email [lmgr@lmgr.ca](mailto:lmgr@lmgr.ca) | website [www.lmgr.ca](http://www.lmgr.ca)  
\*Registration required