



## Bereavement Support

**Death is a natural part of life. Finding one's way through grief is to realize that there is no right or wrong way to grieve. Your experience of grief will be unique and while grief can be difficult, reaching out for support after a loved one's death can be helpful and comforting.**



### Bereavement Support Groups

Our group services are designed for family members and friends who have experienced a loss through death. We provide a supportive and compassionate atmosphere for sharing and listening. We will be offering confidential video conferencing through the use of Zoom and the sessions run for 8 weeks. Instructions and support will be provided upon registration. Call to register.

**Mondays starting October 19-December 7, 2020 2 pm-3:30 pm**

**Wednesdays starting November 4-December 9, 2020 6:30 pm- 8:00 pm**

### One to One Bereavement Supports

VON provides one to one telephone bereavement supports by trained volunteers. We offer a safe environment to grieving individuals where they can speak openly about their feelings. Each individual can expect to receive a weekly call from a trained volunteer once a match has been made.

### Understanding Grief- educational presentations

This is a presentation on the fundamentals of grief, including how best to support someone you know who is experiencing grief. Presentations are being offered through Zoom at 11:00 am on the last Thursday of each month. Registration required.

## You Are Not Alone

**For further information or to register, please contact  
Ingrid Bell MSW at 519-376-5895 ext.260 or [ingrid.bell@von.ca](mailto:ingrid.bell@von.ca)**