



Companions on the Journey: **Support for the Newly Bereaved**

***Have you recently experienced the death of someone loved?
Do you find yourself at a loss for knowing what to do next?***

The Dorothy Ley Hospice offers a 5 part series designed to address the concerns and questions of those who are newly bereaved.



Session 1: What is Happening to Me?

Session 2: Building a Roadmap

Session 3: Preparing for the Journey

Session 4: Embarking on the Path

Session 5: Detours Along the Way
- Coping with the Holidays

These sessions may help you to get your bearings as you embark on the journey of grief. Each presentation will be followed with small group discussion and sharing.

Facilitated by Gayle Duchene, Bereavement Educator and Hospice Volunteer

Thursdays ~ 6:30 - 8:00 pm

Oct. 13, 27, Nov. 10, 24, & Dec. 8, 2011

DLH Centre, 220 Sherway Drive, Etobicoke

Offered without charge, Registration Required

