

Finding Your Way ***When a Spouse/Partner Dies*** **A Grief Support Group**

When your spouse dies, your world changes.

To become widowed is to suffer one of life's most profound losses. When a loving tie is severed, so is a part of ourselves. What has been lost is lost forever. Life will never be the same again. Being widowed turns your whole world upside down. It can seem like you are without direction. The transition from wife to widow, husband to widower, is a very real, painful, and personal journey.

Grief is often comprised of many intense emotions. You may find yourself wondering "When Does Grief End?" as others seem to want to rush you to "get on" or "get over" your grief. The truth is there is no timetable – your feelings will last for as long as they last. Grieving is a healing process and it really never ends, but it does change. What helps is to openly explore your feelings and thoughts with others who understand and can support your journey.

If you find yourself feeling alone and lost since the death of your spouse consider joining with others to share in a comforting and compassionate environment while gaining the information and tools needed to move through the grief process.



Thursdays
Feb. 16 - Apr. 19, 2012
7 - 9 pm

DLH Centre
220 Sherway Dr., Etobicoke

To register please contact:

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