



Grief Sucks!

This seems to be the common expression by teenagers who've experienced the death of a parent, grandparent, sibling or friend.



It can seem like you're riding an emotional roller-coaster & you may be confused by the ups and downs of your thoughts and feelings, wondering:

When will I stop hurting? Does anyone else feel like me? How do others cope? Learning about grief, talking about your feelings, & sharing with others can help.

Grief Sucks! An 8 week program, welcoming those 13 - 17 yrs, offers an opportunity to connect & chat with other teens who can relate. Through creative activities, music, individual sharing and group discussion together we'll explore helpful ways to give expression to the many feelings of grief.

Group is facilitated by hospice staff & trained volunteers.

**Call now to add your name to our interest list
- Group will commence with sufficient registration**

Offered without charge ~ To register contact:

**Kristine Gagnon, Bereavement Care Coordinator
(416) 626-0116 ext. 227 • kgagnon@dlhospice.org**

Program held at the DLH Centre, 220 Sherway Drive, Etobicoke