



The Art of Condolence:

Tips on How to Support Someone Who Is Grieving

Upon hearing of the death of a friend or family member it is common to want to offer your condolences and help in some way. Yet many of us find ourselves struggling, not knowing how to support those most impacted by the death.

If you are supporting a bereaved family member you may find it challenging to truly understand their unique experience and be confused by their reactions and expressions of grief. Our society continues to perpetuate many unrealistic expectations of grief and mourning. As a grief group facilitator I have been taught by the experts - the bereaved themselves as they identify what it is that really helps. Join me to learn:

*What to Say, What to Do, and What to Write
Now and Later*



Tuesday February 21, 2012

7 - 8:30 pm

**Presented by Kristine Gagnon,
Bereavement Care Coordinator**

At DLH Centre - 220 Sherway Drive, Etobicoke

Please RSVP to 416-626-0116