

## Edmonton Healing Centre Grief Support Groups

**Roads to Healing**, a presentation on Grief and Loss, is a no-charge introductory meeting that is offered by the Edmonton Healing Centre for Grief and Loss at Jewish Family Services.

This introductory meeting explores common experiences and aspects of grief, as well as some hidden and misunderstood facets of what happens when we are grieving. Participants learn basic tools for self-care and how best to support themselves through this deeply painful time. Participants get a chance to meet the facilitator and other members and they get to assess and confirm that being in the grief group is a good fit for them at this time.

We also offer Roads to Healing as well as a stand-alone presentation for organizations, corporations and groups, tuned to their specific needs and interests like memorial centers, senior centers, health practitioners, caregivers and other services working with people who are grieving, and educational institutes. Roads to Healing can be booked by calling us at (780) 454-1194.

**Navigating the Rivers of Grief** is a 7-session course, which is a continuation of Roads to Healing. This series is offered on a donation basis and facilitated by one of our grief specialists. This is a closed group where participants agree to commit to attending all sessions, as this greatly supports group cohesion and individual process.

Participants explore their grief experience through sharing, exercises, and mindfulness practice. This course comes with a workbook and topics explored include: self care in the midst of grief; working with guilt, anger and other difficult emotion; remembering and mourning; sharing our grief story; exploring new pathways - how our thinking can help or hinder; and how to nourish the continuing bond with our loved one. In a safe, supportive space, this group allows you to investigate and deal with the overwhelming feelings that often accompany loss.

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Charitable Registration: 10753 4802 RR001



**Finding Meaning, Finding Me (Level II)**, is a continuation of Navigating the Rivers of Grief and Loss. It is an 8-session series facilitated by one of our grief specialists, and more deeply explores our individual journey through grief, finding meaning in the loss, grief and a new sense of who and what I am without my loved one.

This course does not come with a manual, as we will all find our own individual meaning and new sense of purpose. Each grief journey is different and unique, and so is this course. This group focuses on re-finding balance and connection with our mind, body, emotions, and spiritual aspects so that we can feel more whole again. We more deeply explore how we can nurture the bond with our loved one who passed, unresolved issues that are in the way of our healing, and where we are at in our grief journey.

**Moving Forward Past Grief; Turning Loss into a Gift. (Level III)** is a new series continuing on Finding Meaning Finding Me. This course is about turning loss into a gift. Loss becomes a gift when we give our newly found meaning to others, to the world, and firstly, to ourselves. This series takes us to the next step in our grief journey; building our lives around what we know is most important in our life; our newfound meaning and purpose. Not alone, together, with our loved ones on the 'other side,' and with the support of the group, we embark on the journey of (re) building our lives in the most meaningful way. We will discuss topics like: the meaning of life, sense of purpose, relationship to our self and others, relationship to work, faith, and life, engaging in meaningful activities, life changing decisions, closure and, love.