



# Edmonton Healing Centre for Grief and Loss



**Support & Education**

**We are here when your life is touched by loss**

## **Loss is inevitable...**

*Whatever your age, gender, religion,  
colour, creed, or orientation...*

*We all love and we all grieve.*

*If the pain of loss consumes you...*

*If you can't find your way...*

*If someone you trust says:*

*"You might need some support"*

*We are here for you.*

## **When grief comes and you don't know where to turn...**

Sometimes the pain and confusion become too much to handle alone. When you realize you need support, know that we are here.

*"A safe place to talk & express my feelings  
as the grief I am feeling has been such a  
lonely journey"*

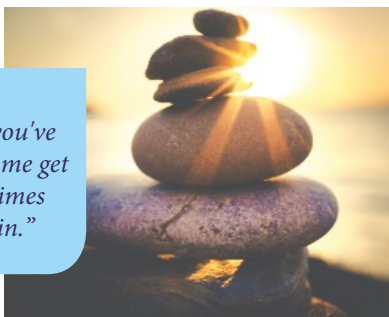
The Edmonton Healing Centre for Grief & Loss has been our region's leading grief support service since 2000. We offer presentations and groups for anyone who is grieving. Both our support groups and individual grief counselling services are available throughout the year.

*“I am alive today and continuing to thrive because of you. To say THANK YOU is definitely an understatement.”*

### **You will find that:**

- your grief is important and unique.
- you can experience healthy growth throughout your grief journey.
- there are ways to give greater meaning to your loss, and bring peace.
- sharing your experience with others strengthens and empowers you.
- you can retain and build continuing bonds with those who are no longer here.

*“Thank you doesn't express how much you've done for me to help me get through the rough times and see the sun again.”*



Our trained grief therapists help inspire people to live fully in the present while honouring the past. They bring many years of experience in helping people understand and accept grief as a natural life experience.

Cost:

Cost for services is on a sliding scale for both group and individual therapy.

## **Edmonton Healing Centre For Grief & Loss**

**Phone: 780.454.1194**

100 - 8702 Meadowlark Road Edmonton

Email: [ehc@jfse.org](mailto:ehc@jfse.org)

Web: [www.jfse.org](http://www.jfse.org)

Charity Registration: 10753 4802 RR0001

