

MONTHLY DROP-IN

For participants who are taking, or have taken, one of our grief groups in the past. This group provides continued support, activities, and discussion on various topics surrounding grief.

Past topics have included:

- Guilt, Regret, and Shame
- Holidays/Special Occasions
- Extraordinary Experiences
- Tools for Healing

Where? Online

When? Third Thursday of Every Month

Cost? A Donation

Interested in bringing our group programming to your organization, program, or group? Our skilled facilitators can develop a unique presentation or workshop tailored to your needs. Reach out today to find out more!

CONTACT US

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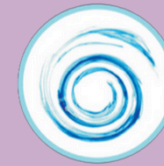
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Edmonton
Healing Centre



GRIEF SUPPORT GROUPS

A PROGRAM OF



LEVEL 1: NAVIGATING THE RIVERS OF GRIEF

In this 8 week program, participants are given the opportunity to explore their unique grief experiences more deeply and accompany others who are also grieving through discussion, activities, and guided instruction.

Topics explored include:

- Self-care
- Navigating Difficult Emotions
- Memories
- Healing
- Addressing Unhelpful Thinking
- Rituals/Special Days

Where? Online and In-Person Options
When? Afternoon and Evening Options
Cost? \$240 (Subsidized Rates Available)



LEVEL 2: FINDING MEANING, FINDING ME

In this 7 week program, participants are encouraged to explore deeper parts of their grief and move towards finding meaning in their loss.

Topics explored include:

- Journeying through Grief
- Meaning-Making
- Continuing Bonds
- Self-Compassion
- Barriers to Healing

Where? JFSE Boardroom
When? Evenings
Cost? \$240 (Subsidized Rates Available)

“ I am still making my way along the river of grief but now I feel like I am swimming instead of drowning. ”

“ This group gave me a safe, compassionate place to release the guilt and shame of my grief and feel less alone. ”

LEVEL 3: TURNING LOSS INTO A GIFT

In this 5 week program, participants are invited to venture further into their grief and discover the opportunities and gifts that have emerged as part of their grief journey.

Topics explored include:

- Meaning in Life and Death
- Finding Purpose
- Navigating Changed Relationships
- Navigating Changes to Work, Faith, and Life
- Engaging in Meaningful Activities
- Navigating Decision-Making, Closure, and Love

Where? JFSE Boardroom
When? Evenings
Cost? \$240 (Subsidized Rates Available)

