

Free Grief Support Sessions

Musquodoboit Harbour Public Library

Many people find comfort in knowing that they are not alone in their grief. These sessions will provide the opportunity to come together in a supportive environment to explore the grief experience. Sessions are open to anyone over the age of 18. You are welcome to register for one, two or all three sessions.

Grief Literacy – Learning about this Wild Ride

Thursday, September 21, 2023, 12:30-2:30 p.m.

Grief & the Power of Creativity

Thursday, October 19, 2023, 10 a.m.- 12 p.m.

Living with Grief during the Holiday Season

Thursday, November 16, 2023, 12:30-2:30 p.m.

Facilitators are Jocelyne Tranquilla, Bereavement Coordinator, Nova Scotia Health Palliative Care Service (Central Zone) and Katie Simms, Health Care Social Worker.

To register please contact Katie Simms at 902-889-4103 or katie.simms@nshealth.ca

www.nshealth.ca/bereavement

