

ADULT GRIEF SUPPORT SERVICES Fall 2024



Abbotsford Hospice
& Grief Support Society



MORNING COFFEE SUPPORT GROUP

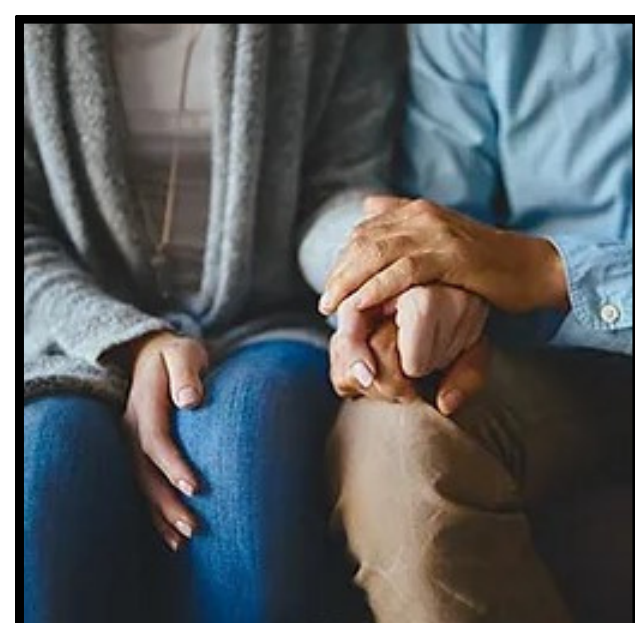
Join our Coffee Break for Bereavement Support Group.

Thursday mornings 9:00am-11:00am

EVENING COFFEE SUPPORT GROUP

Join our Coffee Break for Bereavement Support Group.

Monday evenings 6:30pm-8:00pm



ONE TO ONE GRIEF SUPPORT

Individual grief support with a trained, supportive companion (non-counselling services).



ANTICIPATORY GRIEF SUPPORT GROUP

This group is for Holmberg House residents and PCCU patients and their loved ones who are going through anticipatory grief.



ONLINE
GRIEF
SUPPORT
COURSE

ONLINE GRIEF SUPPORT COURSE

A 30 hour training/guided learning course in partnership with UFV. For personal and/or professional development.

Starting October 28th, 2024.

www.abbotsfordhospice.org/education

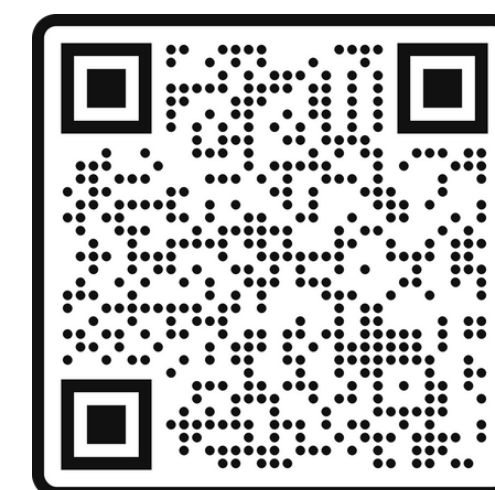
Registration required.



CREATIVE EXPRESSIONS ON YOUR GRIEF JOURNEY

This 5 week creative grief support workshop will focus on the "Seasons of Grief." You will create a painting of a tree over the 4 seasons. Artists are welcome but no artistic skills experience necessary. All supplies provided - **Registration is required.**

Starting October 17, 2024 - Thursdays 3:30pm-5:30pm



Scan to visit our website

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UNDERSTANDING YOUR GRIEF

Join our 8 week support group for adults who are grieving the death of a loved one.

Starting October 22, 2024 - Tuesday evenings 6:30pm-8:00pm.



PUNJABI SPEAKING GRIEF SUPPORT GROUP

A linguistically safe and supportive group for Punjabi speaking members of our community. 5 weeks in length.

Starting October 9, 2024 - Wednesday evenings 6:00pm-7:30pm



THE COMPASSIONATE FRIENDS SUPPORT GROUP

This group is for parents grieving the death of a child.

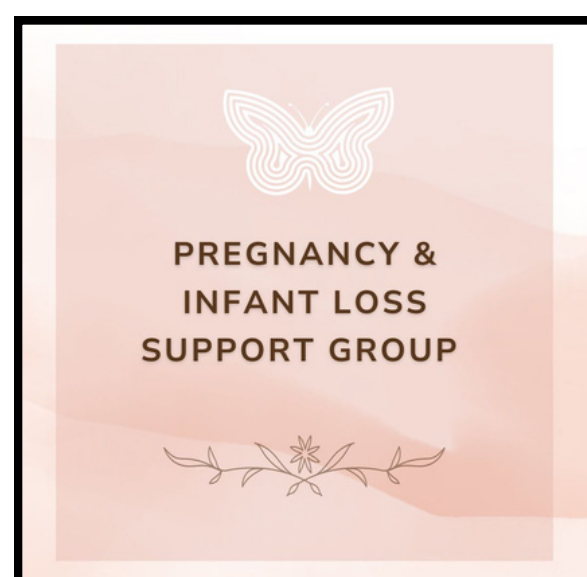
First Thursday of each month - 7:30pm-9:30pm



GRIEVING WIVES SUPPORT GROUP

This grief support group is for women who are grieving the death of their spouse or partner.

Starting October 3, 2024 - Thursday evenings 6:30pm-8:30pm



PREGNANCY & INFANT LOSS SUPPORT GROUP

A group that provides support for individuals who have experienced a pregnancy or infant loss.

Starting Sept 10, 2024 - Meets every second Tuesday at 7pm.

**FOR ALL INQUIRIES - PLEASE CALL (604)-852-2456
OR EMAIL INFO@ABBOTSFORDHOSPICE.ORG**