

Grief & Loss Support Group

Are you experiencing Grief or Loss?

Ste-Gevevieve United Church is starting a Grief & Loss Support Group open for all in the West Island Community. Loss is difficult and can be messy, you don't have to go through it alone.

a visual representation of grief.
it's messy, hard to manage, and
can feel heavy to carry.



Join Ste-Genny's Community as we walk through loss together. The type of Loss does not matter. You could be grieving the death of a spouse, child, family member or friend or you could be grieving the loss of a person due to illness that makes them not fully themselves (Alzheimer's or Dementia) Or you maybe grieving something totally different (loss of country, retirement, job, lifestyle, friendship, pet loss etc.).

It's an 8-week session on Tuesdays from 10:30am -12 noon starting October 28 until December 16th. If interested in this Support Group please contact Rev. Joëlle at joelle.stegennys@gmail.com or call 514-626-4795.

Offered by
Ste-Genevieve United Church



In collaborations with
Merging Waters United Church

