



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES



# Bereavement Peer - Support Groups

**Fall 2023**

Trained facilitators who have also experienced personal losses will guide group participants as they cope with the loss of a loved one. The program is aimed at giving people a sense of belonging and show that they are not alone in their grieving process. The small groups allow people to share and experience healing. \*Location details will be provided after registration.

**Virtual Mindfulness** (8 weeks — on Zoom):

Mondays: September 25 — November 20, 6:00 pm - 8:00 pm

**Hybrid Spousal/Partner Loss** (6 weeks — \*in-person/Zoom):

Tuesdays: September 12 — October 17, 6:30 pm - 8:00 pm

**Grief Café** (8 weeks — \*in-person):

Tuesdays: September 19 — November 7, 3:00 pm - 4:30 pm

**Virtual Mixed Loss** (8 weeks — on Zoom):

Tuesdays: September 26 — November 14, 6:30 pm - 8:30 pm

**Rosetta McClain Gardens: Walking Group** (8 weeks — \*in-person):

Wednesdays: September 13 — November 1, 10:00 am - 11:30 am

**Virtual Grief Café**—(8 weeks— Zoom)

Wednesdays: September 27—November 15, 5:30pm - 7pm

**Mixed Loss** (8 weeks — in person):

Thursdays: September 21 — November 9, 6:30 pm - 8:30 pm

**Virtual Spousal/Partner** (8 weeks — on Zoom)

Thursdays: September 21 — November 9, 7pm—8:30pm

NO FEES FOR SERVICE



Registration Required  
Please contact the Bereavement Care Coordinator at:  
416-642-9445 Ext:4420  
[bereavementcare@schcontario.ca](mailto:bereavementcare@schcontario.ca)

