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## Parent Bereavement Group



Findingsupportfromexpertsinthe fieldandfromother  
parents who have experienced a similar loss.



*An invitation to join us...*

### How can a Parent Bereavement Group be helpful?

The death of a child in a family can be life altering and traumatic. A parent bereavement group can help you through this loss and help you to figure out what comes next. In a group format, professional expertise and the experiences of other members are combined in a therapeutic way. Participants can learn and share the similarities and differences in their common experience in a safe and structured manner.

### What is Bereavement Group Therapy?

Therapeutic groups, unlike support groups, are guided by trained and experienced regulated health professionals. These health professionals will help you talk about your unique experience and offer education and strategies for adjustment and growth.

### What will we do?

In a supportive environment - and in progressive stages - you will learn more about understanding your loss and adapting to life as it is now, coping, making sense of your new reality, and re-investing in your future.

Coping with change can be hard. You will learn how to honour the memory of your child while learning to live on – to reinvest in your future for both yourself and for your other family members and loved ones.

**Please accept our invitation to join us,** together with other parents who have experienced the death of a child, for a series of ten weekly therapeutic sessions aimed at processing your traumatic experience, learning about the stages of grief a parent may experience, coping strategies and finding ways to move forward in life while continuing to maintain ties to your deceased child.

**If you are interested in these sessions,** please fill out and return the reply card in the enclosed pre-addressed envelope. If you have any questions or concerns, please call 519.685.8144.

**If you are interested in this group but do not feel ready** to attend currently, please indicate on the reply card if you would like us to contact you in one year's time. There is no time limit after your child's death for signing up for this group. Groups run annually, and you can indicate your interest in attending at any time in the future by simply returning the enclosed reply card.

### Sessions run for 10 weeks as follows:

Dates: Set annually

Time: 7:00 pm - 9:00 pm

Place: Children's Hospital,  
Department of Paediatric Psychology

Parking: Visitor Lot # 7

Cost: There is no charge.

