

Bereavement Group

Women in Transition

8-week education-based bereavement group for women living independently



Explore topics such as:

What is grief? Am I crazy? Am I normal?; Stages & phases; Alone-vs-loneliness; Financial planning/budgeting/logistics of life; What next?; Boundaries, changes & support systems; Cooking for one; & more.

Upcoming dates for *Women in Transition*

Thursdays May 7 to June 25 @ 11-12:30pm
at Hospice King-Aurora

Registration is required

All programs are offered free of charge.

Donations are always appreciated.

FOR INFORMATION OR TO REGISTER CONTACT:

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