

Grief Support Group

Attending a group is one of the most effective ways in helping you cope with your loss.



Have You Been Touched by the Recent Death of Someone You Love?

Family Services of the North Shore

Find compassion, healing and support with others who have also experienced loss. Sessions may include guided meditation, gentle touch and therapeutic touch for relaxation and stress relief.

When: Tuesdays, November 18, 2014 to January 20, 2015
1:00 - 2:30pm (no sessions Dec. 23 and 30)

Where: #101—255 West 1st St, North Vancouver, BC

Cost: No Fee

Register: For inquiries/registration call 604-985-8713.

Family Services of the North Shore
101 – 255 West 1st Street
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Caring for our Community