

---

# ADULT GRIEF SUPPORT GROUPS

---

AN AHS SUPPORT GROUP IS A  
SAFE PLACE TO SHARE YOUR  
GRIEF JOURNEY WITH  
OTHERS WHO "GET IT".

## UNDERSTANDING YOUR GRIEF

ADULT GRIEF SUPPORT GROUP

Wednesdays, Jan 23 - Mar 27 1:00 - 3:00PM

## AMONG FRIENDS

WIDOWS DROP IN COFFEE GROUP

Thursdays, 9:45 - 11:00 No registration required

## SUICIDE GRIEF SUPPORT GROUP

HELPING ADULTS COPE WITH SUICIDE DEATH

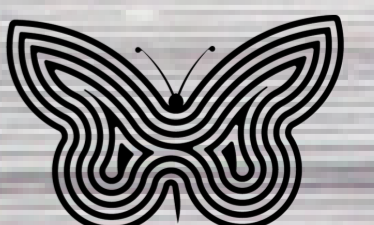
Tuesdays, Jan 15 - Mar 5 1:00 - 3:00PM

## A PARENT'S HEART

PARENT GRIEF SUPPORT GROUP

Tuesdays, Apr 2 - May 21 7:00 - 9:00PM

TO REGISTER OR FOR INQUIRIES  
CALL 604-852-2456



Abbotsford  
HOSPICE SOCIETY