



Bereaved Families of Ontario
M I D W E S T E R N R E G I O N

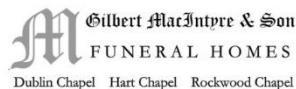
LIVING WITH LOSS: DATES & TOPICS 2018

When: 1st Wednesday of the month, 7:00 pm – 9:00 pm

Where: Gilbert MacIntyre & Son Funeral Home, Hart Chapel (1099 Gordon Street, Guelph)

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|-------------|------------------------------------|
| January 3 | Stepping Stones through Grief |
| February 7 | Secondary Losses |
| March 7 | Coping with Guilt |
| April 4 | Healing Your Grieving Soul |
| May 2 | Coping with Special Days |
| June 6 | Am I Going Crazy? |
| July 4 | Coping with Changing Relationships |
| August 1 | What's in your Bucket? |
| September 5 | What's Time Got to do with it? |
| October 3 | Creating Your Wheel of Support |
| November 7 | Coping with Loneliness |
| December 5 | Coping with the Holidays |

Our Living with Loss Programs in Cambridge, Kitchener, Guelph & Mount Forest are generously supported by:



Bereaved Families of Ontario – Midwestern Region

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