



Community Care East York

Serving our community since 1971

Bereavement Support Group

If you have recently lost a loved one, there is support and encouragement for you. Led by a professional social worker, the group will cover the **different stages of grief, understanding emotions** as well as ways of **copng after loss**, all within a supportive environment.

WHEN:

January/February 2010 (dates to be confirmed)
5:00pm – 7:00pm
\$15.00 fee for entire series - *Subsidy available*

WHERE:

Community Care East York,
840 Coxwell Avenue (at Mortimer),
Suite 101



Pre-registration and initial meeting is required.

To register please call intake at **416-422-2026**

Individual Bereavement Counseling is also available at Community Care East York.



Community Care East York
840 Coxwell Avenue, Suite 303
Toronto, Ontario M5C 5T2

www.ccey.org



United Way