

## **SOUTH ASIAN OUTREACH PROJECT BEREAVEMENT SUPPORT GROUPS**



### **REGISTRATION OPEN FOR JANUARY- FEBRUARY 2017**

- A six week support group for Bereaved individuals and families who have lost a loved one to death in Canada or back home
- Learn about Hospice services, coping with grief and loss, self-care and much more
- Groups delivered in Punjabi, Hindi, and Urdu
- Resources provided in English, Punjabi, Hindi, Urdu, and Tamil
- Answers to your questions in your language

**Location & Dates: TBD**

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