

# GRIEVING THE DEATH OF A LOVED ONE?

Find support and  
healing at Griefshare.



niagara life centre  
counselling



Thursdays at 6:30pm–8pm  
Starting March 4th, 2021  
13 week program. No cost.

Virtually through Zoom. A computer and  
reliable internet is needed to participate.

[www.griefshare.org](http://www.griefshare.org)

[www.niagaralifecentre.ca/griefshare/](http://www.niagaralifecentre.ca/griefshare/)