

# GRIEF SUPPORT GROUP

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HOLY ROSARY CHURCH  
- PARISH CENTRE

287 PLAINS RD. EAST  
Burlington, ON L7T 2C7





We invite you to join us as we navigate the process of grief. You will be with others who are experiencing the pain of loss and sharing their experience, hope, and strength. The sessions combine an educational component with discussion. Heidi Cowie, who shares her 25 years of social work experience as well as her own personal losses, leads the group.

We meet the second Friday of every month in the parish library 1:00PM to 2:30PM

Interested in participating? Please contact Heidi at [heidicowie55@gmail.com](mailto:heidicowie55@gmail.com) or call or text 905-746-0766

Heidi is also available for private sessions. There is no fee for the group or the personal sessions.

