

# STOUFFVILLE LEGION



## GRIEF

*Grief can be lonely and isolating, in addition to being heartbreakingly sad. Knowing what we can say or do when someone is grieving can be so helpful in their journey. Please join Evergreen in learning how to support our family and friends in their grief.*

### Evergreen's Grief and Bereavement Peer Support Training

Grief is one of the most universal experiences and one of the most difficult to navigate. We will discuss grief and how to support someone who is grieving. We will also look at our own grief experiences and see how they impact our ability to support others.

This training was originally designed for our Bereavement Volunteers, and when Covid-19 brought grief to everyone's doorstep, we adapted it to support our community members support one another.

**Please join us: Wednesday, April 3<sup>rd</sup> at 1:30 - 3pm**

### Evergreen's Grief and Bereavement Peer Support Group

This will be a safe space where we can discuss our grief and share our experiences with others who understand and have had similar experiences. We will also look at what has been helpful and not helpful in our grief experiences and how we can learn to advocate for our needs as we process loss.

**Please join us: Wednesday, April 10<sup>th</sup> at 1:30PM - 3:00PM**

**150 Mostar, Stouffville**

**email [rochellestouffvillelegion@rogers.com](mailto:rochellestouffvillelegion@rogers.com) to register**