

# LIVING WITH GRIEF



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Life can be hard, even before we are hit by grief, but we're here to help. This virtual support group gives you the opportunity to meet others who are grieving the death of a loved one, share experiences and explore ways to move through your grief – all in a caring and understanding atmosphere.

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**DATE:** 2nd and 4th Thursday each month, starting March 11, 2021

**TIME:** 6:00 - 7:30 PM

**LOCATION:** Virtual Meetings via Zoom

**REGISTRATION:**

- **Online:** <https://forms.gle/fAyAoCjiT6dJTkQJ8>
  - **Phone:** 226-260-1768
  - **Email:** [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca)
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*This is a community collaboration between  
The Hospice of Windsor and Essex County and Assumption Cares.*

