

HEALTH STARTS AT HOME



Bereavement Support Services

Bereavement Support: We offer 1:1 support for individuals whom are grieving the death of someone close to them. We also offer a 10 week closed grief support group called "Healing Souls". This program is offered in St Thomas as well as both West Elgin and East Elgin. Groups are facilitated by trained staff and volunteers. Groups are confidential, free and great for social support. A weekly bereavement walking group is also offered on Tuesday mornings and Thursday evenings at the beautiful Pinafore Park in St Thomas. "Our Mourning Walk" is a good fit for instrumental grievers or those who are more likely to deal with their death loss through reflection and action rather than through emotional disclosure.

St Thomas Fall Grief Group will run at the VON office on Monday's for 10 weeks from September 10/18 to November 5/18 from 10:00 am to 12:00 pm. Registration deadline is September 3/18

West Lorne Fall Grief Group will run at the West Elgin Community Health Centre on Friday's for 10 weeks from Sept 14/18 to Nov 16/18 from 1:00-3:00 pm. Registration deadline is Sept 7/18

Aylmer Fall Grief Group will run at Heritage Place on Thursday's for 10 weeks from September 13/18 to Nov 15/18 from 9:30-11:30 am. Registration deadline is September 6/18



**FOR MORE INFORMATION AND TO
REGISTER PLEASE CALL:**

VON Middlesex-Elgin

Supportive Care Services

519-637-6408 or 1-800-201-0909

Monday to Friday 8:30 am – 4:30 pm

175 South Edgeware Road

St. Thomas ON N5P 4C4

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