

# GRIEF SUPPORT GROUP

Presented by



## Amherst

**STARTING October 06, 2026**

A Group Support for Loss of a Parent, Partner, Sibling or other loved one. A confidential calm setting to help support the Grief process.

**08 Weekly Sessions**

**Every Tuesday 2:30pm-4:00 pm**

**Please register by contacting below**

**There is no fee**

**Contact: Derek Mumford CPCI; email: [dmumford@shrm.ca](mailto:dmumford@shrm.ca)**

**Text or call 7823212196**