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CONTACTS



GRIEF SUPPORT FOR FRONTLINE WORKERS

Designed for care providers who have experienced multiple losses responding to the COVID-19 pandemic.

Connect with others in a safe space, to talk about the grief, stress and imbalances caused, or worsened, by Covid-19.

Learn to recognize healthy and unhealthy coping strategies.

Identify ways to promote healing, balance, meaning and resilience.



Offered through a weekly Tuesday evening online virtual support group.

February 23–March 30, 2021 | Tuesdays, 6 pm –7:30 pm

You can register for one, several, or all sessions by clicking [this link](#) or emailing bereavementcare@schcontario.ca or call 416-642-9445 ext. 4420