

# Grief & Loss Support Group

A Safe Healing Journey within an Independent Living & Non-judgmental Environment for Individuals who are Dealing with the Death of a Loved One, Friend, Caregiver, Community Member, or Pet

**Time: 1-2:30 PM**

**Date: Tuesdays on**

**April 28, May 5, 12, 26, June 2, 9, 2026**

**Where: room 1 at 2398 Yonge St.**

**Fee: free**

MUST Complete Pre and Post Evaluations  
& Commit to all Sessions

**Limited spots.**

**To register, contact  
Lucy at 416 486 8666 ext. 226  
lucyn@vibrantCH.ca**

**or**

**Dong at 416 486 8666 ext. 227  
dongy@vibrantCH.ca**

