

# Spousal Loss

## An Online Grief Group for Adult Grievers

*The death of a loved one is often one of the most stressful experiences in life. Grief affects everyone in their own way. For some people, connecting with others and sharing their stories helps them process their loss.*

**Feb. 29th to April 4th 2024**

**6:00pm to 8:00pm (on Thursday evening per week)**

- 6 week program
- this group is free
- curriculum-based
- led by a counselor & practicum student
- online through Zoom



### **Anreet Randhawa**

Anreet Randhawa has successfully achieved certification from the Surrey Hospice Volunteer Training Program and is currently pursuing a degree in social work. Through her involvement in community support, she has gained valuable insights and sensitivity towards the intricate challenges involved in coping with grief and loss

### **Manisha Cheema**

-Registered Social Worker (RSW)  
-Bachelor of Social Work (BSW)



Registration is required. You will need to commit to participation for the entire six weeks. Space is limited so register early at: [info@surreyhospice.com](mailto:info@surreyhospice.com) 604-584-7006



### **Surrey Hospice Society**

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