



Compassionate Grief Centre
where hope changes everything

Grief Groups Impact Report

April 2023 - March 2024

8

**Grief Groups
Delivered**

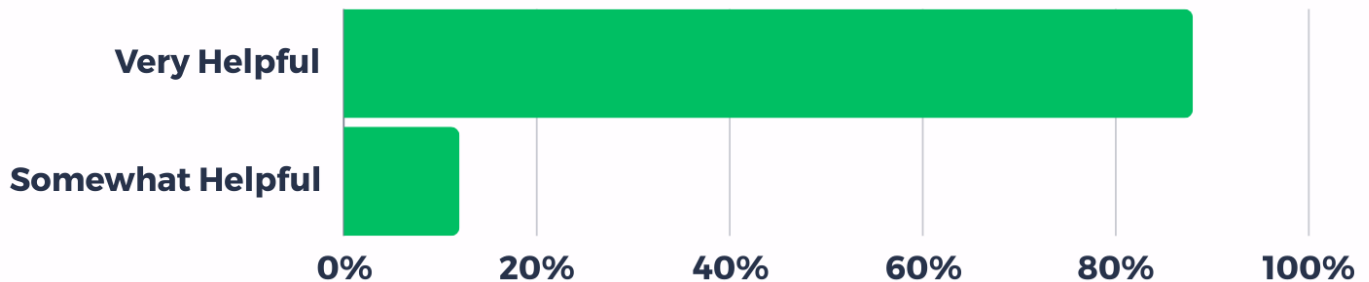
70

**People Attended in
Total**

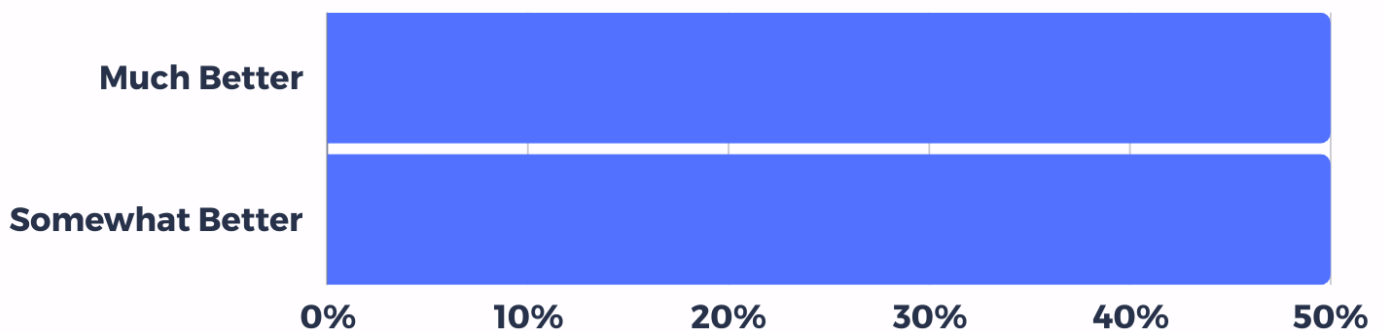
100%

**Would recommend our
grief groups to others**

Participants found the grief groups to be:



Participants reported on how they felt after the group compared to prior to the group:



Participants found the following most helpful:

- **“Talking and listening to others on the grief journey.”**
- **“Finding I wasn’t the only one with grief issues.”**
- **“Being able to talk about my loved ones with people who understand.”**
- **“Knowing that I am not alone in my feelings.”**
- **“Feeling heard and validated.”**
- **“The information provided was helpful.”**
- **“Having dedicated time in the week when I don’t have to pretend to be ok.”**

“This program is in an excellent setting and a great resource for the grieving in our community.”

“I shared things with this group about my grief experience that I have not shared with anyone and it was so therapeutic.”

“Our facilitator was amazing! A lovely and caring human.”