



## MONTHLY NEWSLETTER JANUARY 2024

*Your donor dollars at work!*

Call 506-696-0202

E-mail to [hello@compassionategriefcentre.ca](mailto:hello@compassionategriefcentre.ca)

Registered Charity #739090876RR0001



The phone rang early just two weeks prior to Christmas. It was someone I had never spoken to before and you could hear the deep sadness in his voice. Mark (not his real name) was drowning in grief after the sudden loss of his wife months before and decided to reach out for help.

I listened to his sorrow and despair and my heart ached for him. Dealing with the loss of a loved one is so difficult at any time but is heightened around the holidays. I offered him comfort and understanding and assured him that we could help.

I suggested he join our Grief Group starting in the New Year. He initially hesitated, but I explained how connecting with others on a similar grief journey would give him support in a caring and safe environment. I assured him that our counsellor running the group was kind, caring, compassionate and very understanding. He agreed to try it.

The first night of the grief session is always difficult for people. They come together as strangers sharing a difficult journey of deep sorrow and loss. As they begin to connect and share, they form a community of understanding, support, and solidarity. Week by week, the group becomes a lifeline for its members. They share stories of their loved ones, talk about the intense pain of loss, the loneliness they experience and how the world they once knew is gone forever. Tears flow freely, and yet, there is also laughter as members share special memories and funny moments.

There is comfort in knowing that you are not alone on this painful journey of grief and loss. It is not about forgetting or moving on, it is about being with a group of caring and compassionate friends who understand, listen, and carry the weight of grief with you.

Suddenly, 7 weeks have passed, and the grief group is coming to an end. Individuals who had entered with heavy hearts leave with a renewed sense of healing and hope. They exchange numbers and promise to stay connected to continue to support each other through the long and difficult journey.

Thanks to your donations we are able to provide up to 7 Grief Groups each year. Because of your generosity, we will be able to help others through their darkest hours and help them rediscover a sense of purpose and hope for the future. Your support is a testament to the incredible power of compassion, and we are truly grateful for your partnership!

*Audrey Langlais*

*Administrative Coordinator*

# In-Person 7-Week Grief Support Group

✔ Free of charge

✔ Hosted by an experienced licensed counsellor

✔ Limited to 10 people  
Register

**Group Currently Full  
Sign up for our wait list for  
the next group!**

Jan 10 - Feb 21, 2024  
6 - 8 pm



# Loss of a Spouse In-Person Grief Group

March 20 - May 1, 2024  
6:30 - 8:30 pm

Hosted by a licensed grief  
and loss specialist.

Space is limited. Register in advance.

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