

# *Nurturing Grieving Souls*

A Monthly Grief Support Group



Offering a hot lunch and grief support for any adult living with the death of a loved one. Includes group discussion on relevant topics with trained facilitators in a caring, safe environment

**January 9, 2024**

**February 13, 2024**

**March 5, 2024**

**April 9, 2024**

**May 14, 2024**

**June 11, 2024**

12 noon - 2 p.m.

**Cost: \$10 for members and \$12 for non-members of the Center  
Includes lunch and any meeting supplies  
Pre-registration required**

**Meeting Location:  
Ingersoll Services for Seniors  
250 Ingersoll St S. Ingersoll Ontario**

**For more information or to register call 519-485-3869**