

Bereavement Education

**You're not alone.
We're here to support.**

There is no timeline for grief. Knowing there are supports and resources available can give hope as you move through your grief.

Please join us for an Information Session that will provide you with support and information about what to do after someone dies, regardless of when or how the death occurred.

TOPICS TO BE COVERED:

- Common Reactions
- Realistic Expectations
- Coping with Emotions
- Taking Care of Yourself

Register for one of the following 2 part sessions in either Brantford or Simcoe:

**CMHA BHN
Brantford location
44 King Street
519-752-2998**

April 9 & 16, 2025
2:00 p. m. to 4:00 p. m.
Contact: Christine
christineg@cmhabhn.ca
extension 117

**CMHA BHN
Simcoe location
395 Queensway W
519-428-2380**

April 2 & 9, 2025
2:00 p. m. to 4:00 p. m.
Contact: Charlotte
charlotte@cmhabhn.ca
extension 224

**We're a part
of your story.**

