

# A Daughter's Healing

A six week grief support program

*Daughters have complicated, often conflicted relationships with parents that present challenges when a parent dies.*

- Next session starts in April at Hospice Georgina
- All sessions are FREE, however donations are appreciated
- Call our Grief and Bereavement Coordinator for more information

*"When I look back on my sleepless nights and stress filled days, I now see that much of the time I was grieving. Grieving is not something that happens all at once, and then you're done.*

*Grieving can still be going on at some level years after the death of a parent".*

Carol May 2010



**Hospice Georgina**

**905-722-9333**

152 High Street, Sutton

[www.hospicegeorgina.com](http://www.hospicegeorgina.com)

Your neighbourhood centre for palliative care support, grief healing and education

