

# **Free Support Group for: ADULTS LIVING WITH LOSS**

This group is facilitated by Registered Counsellors, and offers a safe and welcoming space for adults to reflect on their experience of loss (spouse, child, parent, sibling or death of a friend), connect with others who are also grieving, and learn tools that can help with the grieving process, improving their quality of life.

**Spring Sessions are back!**

**Information and registration Day: March 24<sup>th</sup> 2026**

**1ST AND 3RD TUESDAY OF THE MONTH**

**10.30 am to 11.45 am**

**The Gathering Place- Ambrosia Building**

**714 Veterans Ave. Keremeos BC. B0X 1N0**

More information: email [sols.penticton@gmail.com](mailto:sols.penticton@gmail.com)



Sponsored By:

South Okanagan Loss Society

**Space provided by Lower Similkameen Community Services Society.**