



*"As sure as the sun comes up each morning,
And Spring returns after Winter,
So life returns after a season of grief."
- John Kennedy Saynor*

Is your season of grief overwhelming? Do you want a safe place to talk about your grief? We can help you. **Bereavement Support Group** meetings are beginning in Sydenham.

When: Last Wednesday of each month, from 1:00 pm until 3:00 pm.

Where: Sydenham Public Library meeting room.

Who: Anyone who is looking for a safe place to talk about grief and loss. No referral is necessary. No cost to attend.

Individual Support also available, please contact Sandy at 613-376-6477 ext. 308 to make an appointment.

Southern Frontenac Community Services Corporation (SFCSC)

P.O Box 43, Sydenham, ON, K0H 2T0

The Grace Centre 4295 Stage Coach Road, Sydenham, ON

☎ 613-376-6477 ✉ info@sfcsc.ca 🌐 www.sfcsc.ca

