



Bereavement Support Group 2024

**“ The only cure for grief is to grieve”
~ Earl Grollman**

Group A: 19 Mar, 26 Mar, 2 Apr, 9 Apr, 16 Apr, 23 Apr

Group B: 21 May, 28 May, 4 Jun, 11 Jun, 18 Jun, 25 Jun

Group C: 18 Jul, 25 Jul, 1 Aug, 8 Aug, 15 Aug, 22 Aug

Group D: 10 Sep, 17 Sep, 24 Sep, 1 Oct, 8 Oct, 15 Oct

Group E: 29 Oct, 5 Nov, 12 Nov, 19 Nov, 26 Nov, 3 Dec

**Minimum 5 pax to start a group*

Time:

2pm – 4pm

Venue :

Assisi Hospice

832 Thomson Rd,
Singapore 574627

What you can take away from the support group:

- Normalize grief experiences
- Increase self-awareness on grief reactions
- Learn new ways, information and resources about coping
- Reduce feelings of loneliness, anxiety and distress
- Increase feelings of hope and empowerment
- Develop new friendships and peer support within the group

Contact us ...

If you are grieving the loss of a loved one for at least 6 months to date;

- hoping to work on your grief together with people who share similar experiences; and
- able to commit for at least 4 out of the 6 sessions.

Registration:

Scan the QR code

Enquiry:

WhatsApp us at 9787 9890

Visit us at www.assisihospice.org.sg



失亲支援小组 2024

“悲伤的唯一解药是去面对它”
~ Earl Grollman

A组 : 19/3, 26/3, 2/4, 9/4, 16/4, 23/4

B组 : 21/5, 28/5, 4/6, 11/6, 18/6, 25/6

C组 : 18/7, 25/7, 1/8, 8/8, 15/8, 22/8

D组 : 10/9, 17/9, 24/9, 1/10, 8/10, 15/10

E组 : 29/10, 5/11, 12/11, 19/11, 26/11, 3/12

*五人成组

时间:
下午2点- 4 点

地点:
雅西西慈怀病院
832 Thomson Rd,
Singapore 574627

支援小组能给予您的包括:

- 悲伤经历正常化
- 提升对悲伤反应的自我觉察力
- 学习有关处理悲伤的方法和知识
- 减轻孤独感, 焦虑和忧郁、
- 加强希望感和自我实现的力量
- 建立新友谊和小组内互助关系

联络我们。。。

如果您在6个月或更久前失去亲人, 至今仍处哀恸中,

- 希望在支援小组与其他失亲人士一起处理您的悲伤, 并且
- 能确保在6场小组会面中, 您能够出席至少4场

报名:
扫描二维码

活动询问:
WhatsApp 我们 9787 9890



我们的网址: www.assisihospice.org.sg