



Bereaved Families of Ontario
M I D W E S T E R N R E G I O N



Living with Loss for adults grieving the death of a loved one by substance use

There can be stigma attached when a loved one dies by substance use. You may not want to share your story out of fear of judgement. Along with feelings of sadness, anger and guilt, you may feel alone in your grief – **like no one gets it.**

Our new Living with Loss group creates an opportunity to come together among peers, to share experiences and coping strategies, and heal among an empathetic, compassionate community of people who understand.

You are not alone on this journey. Join us. We can help the healing begin.

WHEN: Third Wednesday of every month (starting September 19, 2018) • 7:00 to 9:00 p.m.

WHERE: The Family Centre, 65 Hanson Avenue, Kitchener, ON N2C 2H6

Registration is not required. Contact us at **519-603-0196** or **support@bfomidwest.org** for more information and visit **www.bfomidwest.org** for monthly topics and themes.

