

South-East Ottawa  
Community Health Centre  
Every One Matters.



Centre de santé communautaire  
du sud-est d'Ottawa  
Chaque personne compte.

# Bereavement Support for Seniors “Drop in Group”

Come and join other seniors who have experienced a loss and would like some tips on coping with grief. This is an informal social get-together; you can bring a friend, or make some new ones.

*Refreshments will be served.*

**When:** Thursday November 30, 2017

**Time:** 1:30 pm— 3:30 pm

**Where:** St Thomas the Apostle Church  
2345 Alta Vista Drive

**Cost:** Free

**Topic:** Guilt

**Register:** Call Soraya Allibhai at 613-737-5115 ext.  
2336 or [sorayaa@seochc.on.ca](mailto:sorayaa@seochc.on.ca)

Free parking

[www.seochc.on.ca](http://www.seochc.on.ca)

