



## Grandparent Bereavement Support Group

When the unimaginable happens, the death of a child, often little support is available for extended family. Grandparents, who often have a special relationship with their grandchildren, can feel helpless and isolated in their experience of grief, as well as, not know how to support their bereaved adult children (grandchild's parents). One available resource is the Grandparent Bereavement Support Group, which is a six session therapeutic support group facilitated by a Registered Social Worker and a Registered Nurse.

### WHAT CAN YOU EXPECT?

- A safe space to explore your grief in a group setting with the use of facilitated topics specific to the grief of grandparents.
- Sessions that are guided by the following principles: grief is unique to each individual, sharing your experience with others who understand can bring comfort, and being part of a group can help to reduce the feelings of isolation common to bereaved individuals.
- Sessions will include providing both, information on the experience of grief, and an environment that encourages participant sharing.
- To gain tools in order to help you with the experience of grief, as well as, to learn ways that you can support your bereaved children (grandchild's parents).

### WHAT ARE THE LIMITATIONS OF THE GROUP?

- The Group is only open to grandparents who have lost a grandchild under the age of 19.
- The Sessions are held on-site at Roger Neilson House in Ottawa and are currently only offered in English.
- The Sessions are closed, meaning that registration is required in order to participate.

### HOW CAN YOU PARTICIPATE IN THE GRANDPARENT BEREAVEMENT SUPPORT GROUP?

- Contact Social Work at Roger Neilson House at **613-523-6300, extension 607** to register.