



# Grieving Hearts

Bereavement Peer Support Group

Come and connect with others who are grieving, share your story (when you are ready) and gain some insights about grief.

**Sept 29 to Dec 1**

Thursdays

**6:30-7:30pm**

**To Register:**

Call: 902 667 9126

Email: [sayork.16@gmail.com](mailto:sayork.16@gmail.com)

You can still join after September 29th.



**Amherst Wesleyan Church**  
**6 Maltby Court**

[www.amherstwesleyan.com](http://www.amherstwesleyan.com)

902-667-9126

[amherstwc@eastlink.ca](mailto:amherstwc@eastlink.ca)