

# *Journey Through Grief Group*

## *An eight week course dealing with grief and loss...*

"The death of a loved one changes our lives. Moving from "before" to "after" almost always is a long, painful journey. But if we are to heal, we cannot avoid our grief. We must journey through it all, sometimes meandering the side roads and plowing directly into its raw center.

The journey also requires mourning. That's different from grief. Grief is what you think and feel inside. Mourning is the outward expression of those thoughts and feelings. To mourn is to be an active participant in our grief journey."

Quote from: Dr. Alan Woelfelt

***Fall and Spring Sessions will run on Tuesday Evenings from 7:00 to 9:00 p.m.***

### **SPRING SESSION – MARCH 24 TO MAY 12, 2026**

***Location: Saamis Memorial Funeral Chapel & Crematorium,  
in the Creekside Centre at #1 Dunmore Road SE, Medicine Hat***

***Group Size: 4-10 participants***

***Program Fee: \$75.00 per person or \$130.00 per couple***



**To Register Contact Facilitator:  
Belinda Deis, R.M.  
Grief and Bereavement Certificate, UWO  
Certificate In Counselling Skills, OCC  
at **403-527-0345**  
or by email: [belinda\\_deis@live.ca](mailto:belinda_deis@live.ca)**