

Our Grief Support Programs

Grandparent Grief Support Group



Grandparent Grief Support Group is a six-session support group designed to support grieving grandparents

When the unimaginable happens – the death of a child, often little support is available for extended family. Grandparents, who have a special relationship with their grandchildren, can feel helpless and isolated in their experience of grief and may not know how to support their bereaved adult children, the grandchild's parents. The Grandparent Grief Support Group is facilitated by two Registered Staff at Roger Neilson Children's Hospice.

What can you expect?

- A safe space to explore your grief in a group setting with facilitated topics specific to grandparents' grief
- Sessions 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
- Information on the experience of grief and an environment that encourages participant sharing
- Tools to help you with the experience of grief and learn ways to support your bereaved children, your grandchild's parents



RogerNeilsonChildrensHospice.ca

399 chemin Smyth Road | Ottawa, ON, K1H 8L2 | Tele.: (613) 523-6300 | Fax: (613) 523-3617



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What else should you know?

- The group is open to grandparents who have lost a grandchild under the age of 19.
- Sessions are currently offered in English.
- Sessions are closed. Registration is required in order to participate.

How can you participate in the Grandparent Grief Support Group?

To register, contact our Grief Services Coordinator at Roger Neilson Children's Hospice by:

Phone: 613-523-6300, extension 4619

griefsupport@rogerneilsonchildrenshospice.ca



Roger Neilson Children's Hospice

Specialized care from diagnosis to end-of-life and grief support. Roger Neilson Children's Hospice is an independent, not-for-profit pediatric hospice. We offer a unique, home-like environment for families' most challenging journeys.

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