

Grief Support Group



8-Week Grief Support Group

Walking Together Toward Healing and Hope

“Blessed are those who mourn, for they shall be comforted.”

In seasons of loss, God meets us with compassion, and community becomes a place of healing.

Grief is a journey no one should walk alone. This 8-week group offers a gentle, supportive space to share stories, honour loss, and explore pathways toward healing. Whether your grief is recent or long-carried, you are welcome.

What to Expect:

- A compassionate, confidential small-group setting
- Guided reflections and grounding practices
- Space to speak, listen, or simply be present
- Support rooted in care, dignity, and hope
- Explore tools to support grieving healthily in living with loss

When: Fall 2026

Dates: *to be confirmed*

Time: Wednesdays from 10am-12pm

Where

Location: Cedar Park United Church, 204 Avenue Lakeview, Pointe-Claire, Qc

Facilitators:

Rev. Lisa Byer-de Wever, minister@mergingwaters.ca 514-501-5525 from Merging Waters United Church, Ste-Anne-de-Bellevue, Qc

Rev. Joëlle Leduc, Joelle.stegennys@gmail.com 514-432-9368 from Ste-Genevieve United Church, Dollard-de-Ormeaux, Qc

All are welcome.

There is no cost to attend, but registration helps us prepare the space. Spaces are limited. Whether your grief is fresh or long-held, you are invited to come as you are.

To register:

email Rev. Lisa Byer-de Wever, minister@mergingwaters.ca or call 514-501-5525 & link to registration form.