

Abbotsford Hospice
& Grief Support Society

WINTER 2025

Programs & Services

Bereavement Support Coffee Drop-in Groups

Ongoing each week- Thursdays 9:00am and Mondays 6:30pm at Holmberg House.

Grieving Wives Support Group:

A group for women grieving the death of their spouse or partner. **Starting March 6, 2025.**

Pregnancy & Infant Loss Support Group

Starting January 7, 2025 to Mar 4th 7pm every second Tuesday at Holmberg House.

Understanding Your Grief Group

This 8 week group is for individuals grieving the death of a loved one. **Starting March 4, 2025.**

Compassionate Friends Group

For those grieving the death of a child. This group meets on the first Thursday of each month from 7:30pm-9:30pm. **Starting Thursday January 9th, 2025.**

Pot of Grief Group in Punjabi

One-to-one and Group grief support for our Punjabi speaking community.
Group dates and times TBA - **please register by filling out the QR code form:**



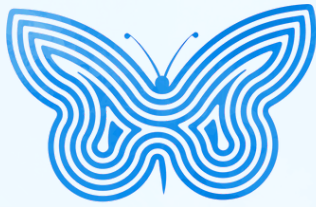
Voices of My Grief

March 6 - March 27 3:30pm-5:30pm - 4 week workshop is designed to find meaning in your grief experiences - recommended for those seeking to reflect on their grief journey after 1 year.

Men's Cooking Class

Feb 11th - March 5th - Wednesday evenings 4:30pm-6:30pm. This 4 week men's cooking class for widowers is a welcoming space to learn new recipes, connect and share stories. Registration required, space is limited.

For more info and to register
email: info@abbotsfordhospice.org
phone: 604-852-2456
www.abbotsfordhospice.org



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Education & Training

Volunteer Training Group

Make a difference in 2025! This group runs Tuesdays from **April 22nd - June 24th** from 6pm-9pm. This 10 week in-person training course will provide you with the opportunity to understand the role of volunteers in a hospice palliative care facility.



Teen Training Peer to Peer Group

Registration now open for April 2025 teen training group!

Starting April 16, 2025. This 20-hour training program is for grade 11 and 12 students and provides them with the hands-on skills, knowledge, and strategies to provide peer support to grieving children and teens.



Online Grief Support Course

Starting March 2025. This online course includes 30-hours of training and guided learning modules with a textbook containing course material that will help you understand grief support and hospice palliative care. It aims to provide you with the relevant knowledge, skills and experience to thrive in your professional and personal life. **For more info visit: www.abbotsfordhospice.org/education**



Wills & Estate Planning Seminar

April 16, 23, 30th 6:00pm-7:30pm at Holmberg House. What is important to you? Take control of your legacy and join us for this 3-part series with expert guidance to plan your future. Registration required - scan QR code ---> Offered at no-cost to our community.



Our education and training services are designed to equip individuals, businesses, nonprofits, and organizations with the knowledge and tools needed to navigate the complexities of grief and loss in their respective environments and in their personal life.

Please register by
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