

# COPING WITH LOSS

## GRIEF SUPPORT GROUP

**Join us for a walk outside  
while connecting with others  
experiencing grief.**

Comfortable walking on uneven ground is required.  
Please bring your own water bottle.



**Date:** Thursday June 13, 2024  
**Time:** 1:30 - 2:30 pm  
**Location:** Merrickville, ON (front entrance of  
Merrickville Public Library)

Call to register: 613-269-3400 ext. 286



Rideau Community  
Health Services

Your Community Health Centre

RGHS funding is provided by Ontario Health - East Region,  
the Ontario Ministry of Children, Community and Social  
Services and by the communities and people we serve.