



Heron Hospice Society offers support for those struggling with the loss of a loved one

A new bereavement support program will soon be available through Heron Hospice Society of Delta. Tama Recker, a Ladner counsellor in private practice, will lead the Grief Circle sessions.

“We have been isolated more than ever during Covid-19. Over the past year of facilitating grief groups during the pandemic, coping with grief and loss has added new meanings for some. For others, personal losses have been on minds and hearts in an amplified way. Connecting with support can be helpful in navigating thoughts and feelings around the layered losses people are experiencing.” says Recker.

Delta residents struggling with grief and loss are invited to join the Heron Hospice Grief Circle. Small group sessions will be held online over 6 weeks starting mid-May, with 2 follow-up sessions. In order to allow for individual sharing, there are a limited number of spaces available.

This program is offered at no cost and held weekly via Zoom starting on Friday, May 21 from 1:00 - 2:00 pm until Friday, June 25, 2021 with two follow-up sessions planned to offer continued support through the summer months.

Heron Hospice Society of Delta embraces all end-of-life choices to assist individuals and families feel supported throughout this precious time with their loved ones. Heron Hospice Society believes in taking care of our community and will work to support end-of-life care needs for our local citizens. The new Society is led by a volunteer board of eleven directors, all residing in Delta, who are committed to restoring supportive and inclusive care in our community. More info on Heron Hospice at <https://heronhospice.org>

**For more information or to register, email info@heronhospice.org
or call 604 254 7380**



Box 283, 5148 48 Avenue, Delta, BC V4K 5B6
604 245 7380
info@heronhospice.org www.heronhospice.org