



EVENTS CALENDAR

Friends in Grief 2011

From your Social Committee for January 2011

Event	Date	Time	Purpose	Contact
Lunch at Sackville Seniors Centre 780 Upper Wentworth St.	Friday, January 14th	12:00 P.M. Noon	Fellowship for Friends In Grief Members	Pat Jansen (905) 318-0059
Fish & Chip Dinner / Karaoke Hamilton Branch Mount Hamilton Legion 435 Limeridge Rd. E., just west of Upper Wentworth	Friday, January 28th	Dinner at 6:00 p.m. Karaoke at 8:00 p.m.	A great evening of relaxation and friendship for Friends In Grief Members	Pat Jansen (905) 318-0059
Remember – Friends In Grief is supported wholly by your membership fees and private donations. Please call the office at (905) 318-0059 for further information or visit our website				
Sackville Senior Recreation Centre is a great place to meet friends and enjoy a great variety of social activities in a safe, welcoming environment. If your 55 years of age or older, check out their website at www.hamilton.ca/CultureandRecreation/SeniorRecreationCentreDropInProgram.html to view their calendar of programs and events.				

Winter Support Groups

GROUP/DROP IN	DATE	TIMING	SESSIONS	LOCATION
Men's Bereavement Support Group	Last Monday Monthly	7:00 p.m.	Ongoing	Cresmount Funeral Home 1020 Upper James
Adult Bereavement Support Group	Third Monday Monthly	7:00 p.m.	Ongoing	Cresmount Funeral Home 1020 Upper James
Suicide Bereavement Support Group	Second Wednesday of each month	7:00 p.m.	Ongoing	Bay Gardens Funeral Home 947 Rymal Road E.
Suicide Bereavement Support Group	Starting Wednesday, February 12, 2011	7:00 p.m.	Ten Week Group	Bay Gardens Funeral Home 947 Rymal Road E.
Widows and Widowers Bereavement Support Group	Start Tuesday, January 18 th , 2011	7:00 p.m.	Ten Week Group	Bay Garden Funeral Home 947 Rymal Road E.
Widows & Widowers Bereavement Support Group	Start Tuesday, January 18 th , 2011	12:30 p.m.	Ten Week Group	Bay Garden Funeral Home 947 Rymal Rd. E.,
Adult Bereavement Support Group	Start Thursday, January 20th	7:00 p.m.	Ten Week Group	Cresmount Funeral Home 1020 Upper James

Please register for 10 week Group Sessions by calling (905) 318-0059 to speak to one of our volunteers or by e-mail fig@mountaincable.net.