



VON Bereavement Support

There is no right or wrong way to grieve... there is only your way and your grief experience will be unique to you. VON has bereavement supports to assist you with your grief journey.

We are here for you.



Bereavement Support Groups

Our groups provide a supportive and compassionate atmosphere for sharing and listening. Facilitators and group members attend all 8 sessions, allowing for a greater level of comfort in discussing relevant topics.

Hanover - Wednesdays starting May 15th 2024 from 10:00 AM - 12:00 PM

Owen Sound - Wednesdays starting May 1st 2024 from 10:00 AM - 12:00 PM

Markdale - Thursdays starting May 9th from 2:00 PM - 4:00 PM

Drop-In Chat

The Drop-In Chat is an informal opportunity to receive grief support in a safe, compassionate environment with others going through similar experiences.

Drop-In Chats occur on Zoom every second Tuesday at 9:30 AM.

Mindfulness and Grief Webinar Series

This is an 8-week Zoom webinar series about how Mindfulness practice can be incorporated into daily life and be used as a tool to help cope with the grief journey. The series starts **Tuesday May 14th 2024 from 1:00 PM - 2:30 PM.**

One on One Peer Bereavement Support

VON provides one to one telephone bereavement supports by trained volunteers.

It is an opportunity where the grieving individual can speak openly about their feelings. Each individual can expect to receive a weekly call from a volunteer once a match has been made.

You are not alone.

For more information, or to register please call 519-376-5895 ext. 2 or email at

ingrid.bell@von.ca or amanda.tetzlaff@von.ca