

“Death ends a life, not a relationship.

All the love you created is still there.

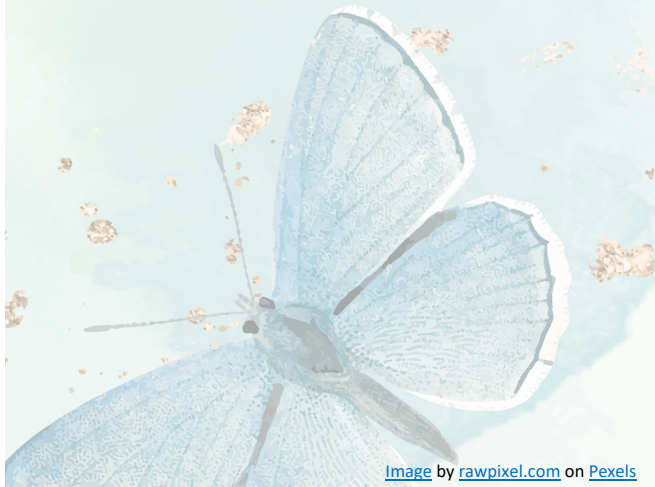
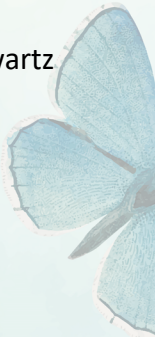
All the memories are still there.

You live on in the hearts of everyone you

have touched and nurtured while

you were here.”

Morrie Schwartz



[Image by rawpixel.com on Pexels](#)

## Women's Bereavement Support Group



[Image by xadartstudio on FreePik](#)



**CS-PIER-0234**

### Bereavement Support Group Community Services

Idylwyld Centre  
103 - 310 Idylwyld Drive North  
Saskatoon, SK S7L 0Z2  
P: 306-655-3400 | F: 306-655-3430



[saskhealthauthority.ca](https://saskhealthauthority.ca)

*Healthy People, Healthy Saskatchewan*



**CS-PIER-0234**

Area: Provincial  
March 2025

## Who can attend?

The Bereavement Support Group is a six week program offered to women who have lost their partner in the past 3-18 months. The group is offered in the fall, winter and spring of each year.

## Is there a cost?

There is no fee to participate.

## What are the facilitator qualifications?

Facilitators are community medical social workers who are registered members of the Saskatchewan Association of Social Workers (SASW) and have graduated from a university social work program at either a Bachelor's (B.S.W) or Master's (M.S.W) level.



Photo by [Pixabay](#) on [Pexels](#)

## What can I expect?

- Small group size; maximum capacity of 10 participants
- A non-judgmental, supportive environment
- Connection with other women who understand your experience
- A reduced sense of isolation
- The opportunity to receive and provide support and understanding

## Topics include

- Sharing of the bereavement experience
- Dealing with the challenges and change loss brings
- Grieving; thoughts, emotions, behaviors
- Coping strategies
- Adjusting to loss
- Sharing the journey; practical issues
- Special days and holidays



Image by [Donghwan Kim](#) on [Pixabay](#)