

At Windsor Chapel Funeral Homes, part of our commitment to being with you 'every step of the way' is demonstrated through the offering of our grief and bereavement support programs to individuals and families. We know that the loss of a loved one can be an overwhelming experience and we are committed to being here for you even long after the funeral services have taken place.

We proudly offer programs which consist of our flagship **8-Week Group Support Program, Community Open Seminars** and the **With You Every Step Walking Group**.

Windsor Chapel's bereavement support is based upon Dr. William Hoy's compass model for the grief process - Remembering, Reaffirming, Realizing, and Releasing gradually leading to a sense of Renewal. We consider it a sacred honour to journey with individuals and families through the grief process toward a realization of renewed meaning and purpose.



Chris Gevaert & Scott Lockwood

HEART & SOUL PROJECT

Grief & Bereavement Support Services

For more information or to schedule an initial meeting, please contact Scott Lockwood, or Chris Gevaert.

519-253-7234

Scott's Cell: **519-566-8175**

Chris' Cell: **519-992-4548**

Trust Experience...

Proud partners with CMHA



Canadian Mental Health Association
Mental health for all



Windsor Chapel



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WINDSOR CHAPEL
FUNERAL HOMES LIMITED

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HEART & SOUL PROJECT

Grief & Bereavement

SUPPORT SERVICES



Trust Experience...

If you have experienced one or more losses, and you wish to navigate your emotions and pain in a healthy way that will lead to renewal, our programs offer you the opportunity to learn to adapt to your new normal and live a rewarding life.



WINDSOR CHAPEL
FUNERAL HOMES LIMITED

Scott R. Lockwood

Director of Community Development, B.Th. CT

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519-253-7234

heartandsoulproject.com

HEART & SOUL PROJECT

Grief & Bereavement Support Services

8 Week Group Support Program

Our flagship program is an 8-week format that uses open discussion concerning different topics related to adaptation after loss. This group offers a safe-haven where one can work through the feelings of grief. No one will judge you, but instead you will find yourself surrounded by people who know the pain of being isolated by their own grief, who are willing to listen and help.

Myths about grief:

- Time heals all wounds
- Replace the loss
- Grieve alone
- Be strong for others
- Bury your feelings
- Just stay busy

Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural.

Whether your loss is from...

- Death
- Divorce or end of a relationship
- Loss of a career
- Loss of trust
- Loss of faith

- Loss of safety
- Loss of health

... People say you have to let go and move on in your life but the truth is that the grief journey is a process of adaptation where you learn to live a life that no longer includes the physical presence of the loved person who has died. Not only is this possible, but we help to provide you the "road map" for you to navigate this process in a healthy and productive fashion.

Throughout the 8-week program, we will discuss many helpful topics related to the grief process and you will have the opportunity to journey and learn from others in their experiences. Together we will navigate through the emotions, pain, uncertainty, and questions with the goal being Renewal - learning to live life with a renewed sense of purpose and meaning.

The group program is not an occasional drop-in group. It is a series of 8 weekly, 1 and a half hour sessions and is an action based educational program requiring your commitment to attend each session and willingness to participate including the completion of assignments.

*Free of Charge

Community Open Seminars

As a part of our on-going bereavement support to the community at large, Windsor Chapel hosts Community Open Seminars every month (twice a month). These open seminars are facilitated by Scott Lockwood, or Chris Gevaert & The Canadian Mental Health Association and provide interactive discussions on topics grief related. These seminars are tailor made for those who are grieving; for those who are looking to offer meaningful support; and also to anyone that is looking to become more educated in the area of grief and bereavement. Some of the topics covered are:

- The Winter Blues: What Can I Do When the Days Are Dark Inside and Outside?
- The Challenges of Grief-Mind Body and Spirit
- What Do I Live For Now?
- How To Help My Child Grieve?
- Grieving Through the Holidays
- Anticipatory Grief and the Elephant In the Room

*Free of Charge

Please check out our website for more information at www.heartandsoulproject.com

With You Every Step Walking Group

The "With you Every Step Walking Group" combines fresh air, exercise and companionship for those who have suffered the loss of someone in their life. The group is facilitated by one of Heart and Soul's grief support workers who meet every week for a casual 2.5 KM walk around Lakewood Park (North Entrance: Manning and Riverside). We begin with an informal check-in followed by the walk. Some may wish to continue the conversation after the walk at a local coffee shop. The group meets on Wednesdays at 11 a.m. and walks for about an hour.

The group is open and will run for 8 weeks. There will be a 2-week break before the next session starts.

No registration necessary.

For more information contact:
Chris Gevaert
519-992-4548
cgevaert@heartandsoulproject.com

*Free of Charge

WINDSOR CHAPEL... *With You... Every Step of the Way!*