

DO YOU FEEL THAT NO ONE UNDERSTANDS YOUR LOSS?

ARE YOU FEELING LONELY?

NOT SURE WHERE YOU FIT IN ANYMORE OR WHAT YOU SHOULD DO?

GOOD NEWS!

New Beginnings may be just what you need!

New Beginnings can help you!

The purpose of ***New Beginnings*** is to give you opportunities to address these questions...to connect and share with people with similar experiences...to make new friends.

WHAT IS *New Beginnings*?

- ☺ Our group generally meets on the 3rd Sunday of every month.
- ☺ The location is at **Hospice Muskoka , 29 Manitoba Street, Suite 5, Bracebridge, Ontario**
- ☺ Each month there is a featured menu with special exceptions for those with allergies or diet restrictions.
- ☺ Lunch will begin at 1:00 pm followed by social time and activities.
- ☺ From time to time, committees may be formed to plan outings and activities.
- ☺ Occasionally, there will be guest speakers invited.
- ☺ The gathering will be casual, the atmosphere relaxed and the format responsive to the needs of the group.

HOW TO CONTACT *New Beginnings*

BY PHONE:

Sandra Winspear
Executive Director
Hospice Muskoka
(705) 646-1697

BY MAIL:

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P.O. Box 156
Bracebridge, Ontario
P1L 1T6

BY EMAIL:

info@hospicemuskoka.com

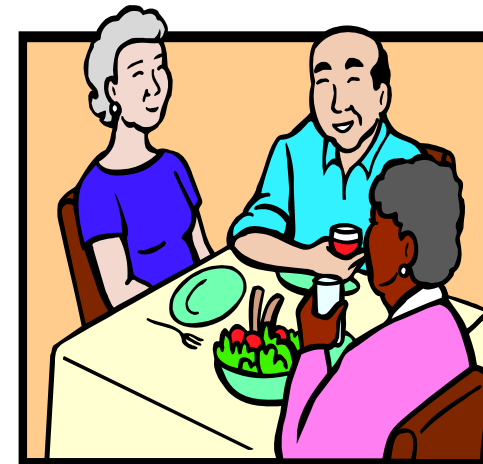
WHO CAN JOIN?

Anyone who has experienced a significant loss, no matter how long ago;

Anyone who is looking for support, fellowship, and friendship.

HOW LONG CAN I BE INVOLVED?

No pressure! It's all up to you!



'NEW BEGINNINGS'

Meeting With People Who Have Experienced a Significant Loss

Sponsored by Hospice Muskoka
(705)646-1697
info@hospicemuskoka.com

