

## REGISTRATION

There is no cost to attend this event, however in order to plan for the number of people, we would ask you to register.

For information and registration please contact Mrs. Sophie Richard at 1-800-883-6094 or by email at

[HOPE-ESPOIR@forces.gc.ca](mailto:HOPE-ESPOIR@forces.gc.ca)

HOPE PROGRAM  
1-800-883-6094



## RESILIENCE AND GROWTH WORKSHOP

Presented by the  
HOPE PROGRAM





## HOPE PROGRAM

The HOPE (Helping Our Peers by providing Empathy) program is for military families who have lost a loved one who served in the Canadian Forces (CF), either active or retired, Regular or Reserve Force. The loss may be attributed to military service or any other cause. HOPE matches trained peer volunteers to bereaved families.

The HOPE program began in 2006 and included input from bereaved families who wanted to support others. Having gone through similar experience, the volunteers understand the grieving process that is unique to CF personnel and their families.

## DR. BILL WEBSTER



Dr. Bill Webster is the founder and Executive Director of the Centre for the Grief Journey. In 1983, he became a widower and struggled in coming to

terms with his own loss, as well as the task of bringing up his two children.

Over the past years, Dr. Webster has facilitated grief support programs in numerous communities, offers individual and family grief counselling. He also conducted many professional seminars and has authored several books.

Dr. Webster brings a unique blend of personal experience, academic education and many years of practical application to his work. Acknowledged as a dynamic, personable and practical speaker, Dr. Webster combines his own story with his knowledge and sense of humor to effectively communicate his message. See [www.GriefJourney.com](http://www.GriefJourney.com) for Dr. Webster's articles, videos and other resources.

## EVENT LOCATIONS AND SCHEDULE

Here are the 5 locations and dates that are determined:

**Halifax: Monday, February 13th/12**  
Piers Community Centre  
6393 Homefire Crescent, Halifax

**Petawawa: Saturday, February 18th/12**  
Quality Inn & Suites CN 877  
3119-B Petawawa Blvd  
Petawawa, ON, K8H 1X9

**London: Monday, February, 27th/12**  
Warrant Officers' & Sergeant's Mess  
701 Oxford Street East, WB 56  
London, ON, N5Y 4T7

**Edmonton: Friday, March 2nd/12**  
Rosslyn Inn and Suites  
13620-97 Street  
Edmonton, AB, T5E 4E2

**Quebec: Thursday, March 8th/12**  
Officer's Mess  
Valcartier Garrison, Building 511  
Quebec, G0A 4Z0

The event will start at 9:30 and finish at 12:30

9:30	Meet and greet
10:00	Dr. Webster
10:30	Coffee Break
10:45	Dr. Webster
12:00	Question period
12:30	End of the event