

Our Bereavement Coordinator



Sylwia George
BSW, RSW

Sylwia is a Registered Social Worker with a passion for bereavement care. She has dedicated her career to supporting individuals through grief and loss. Sylwia joined our team in October of 2024, and since then has been pleased to provide compassionate support to our bereaved families and our bereavement programs. Sylwia is also a volunteer with Bereaved Families of Ontario.

Please reach out to Sylwia with your questions and to register for the groups and services:

519-591-6524

BC@lisaardandinnisfree.com



**LISAARD &
INNISFREE**
HOSPICE

Our Bereavement Services

Family Time

A facilitated support group for grieving adult family & friends whose loved one has died. (Meets the first and third Tuesday of each month).

Coffee Time

A weekly drop-in group offering a space for friendly conversation and connection (Meets 10am Wednesdays at Innisfree House).

Bereavement Walking Group

A weekly grief support group that walks outdoors in summer and indoors in winter (meets 9:30am Thursdays).

Music Therapy Bereavement Group

A group that supports grief through music, facilitated by our Music Therapist. No musical experience needed – an enjoyment of music is all that's required (two eight-week sessions annually, spring and fall).

Hearts in Harmony Choir

Create new connections and find support for your grief through music. Again, no experience is required, and there are no auditions - as long as you enjoy music and singing, you're welcome to participate with others sharing loss.

Cooking for One - Nourishing Our Way Through Grief

A four-week series providing hands-on support to guide participants through the practical and emotional aspects of cooking solo. We learn simple, nourishing recipes, and enjoy the meals together while sharing stories and support around the table.

Bereavement Peer Support

One on one grief support over the phone with one of our specially trained volunteers (times and dates will vary depending on individual schedules).