



# SUPPORT FOR THOSE FACING BEREAVEMENT AND GRIEF

*We all face loss, eventually.*

This workshop is for:

- People who are coping with grief and loss
- Support People (friends, co-workers, family, health care providers)

## When

**Saturday, November 2nd**  
Daysland Community Hall  
10 am to 4 pm  
Cost: Free

## What to Expect

**Participants will learn:**

- The difference between Bereavement, Grief and Mourning
- Stages of Grief
- Common Symptoms of Grief
- Coping with Grief; and
- How to Access Appropriate Community Resources

## Registration

To receive more information or to register, please contact the Kalyna Country PCN – Viking at **(780) 336-0190** or visit [www.kalynapcn.ca](http://www.kalynapcn.ca)

***Space is limited so call today. Registrations will be taken until October 30th.***



**Kalyna Country PCN**  
5241 43rd Street  
Vegreville, AB. T9C 1R5  
(780) 603-4455  
[www.kalynapcn.ca](http://www.kalynapcn.ca)



**Camrose PCN**  
#1108, Suite 4  
Edgeworth Centre (Main Floor)  
4512 - 53 Street, Camrose, AB  
(780) 608-4927  
[www.camrosepcn.com](http://www.camrosepcn.com)