

SUPPORT FOR THOSE FACING BEREAVEMENT AND GRIEF

We all face loss, eventually. This free workshop is for:

- People who are coping with grief and loss; and
- Support People (i.e. friends, co-workers, family, and/or healthcare providers).

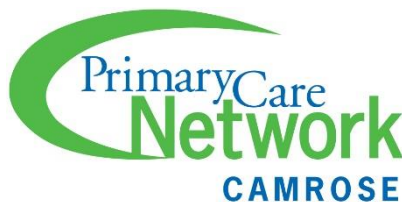
WHEN: Friday, March 9, 2018, Camrose Public Library, 9:30am to 3:30pm

WHAT TO EXPECT: Participants will learn:

- How to be a companion/grief helper to someone who has experienced a loss;
- The importance of integrating loss into our own lives first;
- That everyone's grief journey is unique & that we all grieve differently;
- How to recognize signs of complicated grief; and
- How to access appropriate community resources.

REGISTRATION:

To receive more information or to register, please contact the Camrose PCN at (780) 608-4927 or visit www.camrosepcn.com. Space is limited. Registrations will be taken until March 2nd.



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