

# Living with Loss

## *An Introduction to Healthy Grieving*



*"I now know that everyone grieves differently.*

*I am okay to grieve in my own way and my own time and to be patient with myself..."*

*- Past Participant*

Grief is one of our most difficult experiences. And although it is hard, it is a natural response to loss and a normal part of life.

In this workshop you will learn about the grief cycle that accompanies any kind of loss. We will talk about healthy grieving and share tools that will help you support yourself and others to heal and grow through times of loss.

This is not a grief support group - participants will not be asked to share any personal information.

**Wednesday April 10**

6:30-8:30pm

Whitehorse Public Library

To register: 667-7429