



Living with Loss



Wednesday September 18
6:30-8:30pm
Whitehorse Public Library
To register: 667-7429

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 free workshop you will learn about the grief cycle that happens with 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.

www.hospiceyukon.net

