



## Grief Journaling Workshop

Journaling is a tried and true coping tool for expressing the intense emotions we feel after losing someone we love.

Join local poet Clea Roberts and Hospice Yukon educator Amy Garcia-Baker for a workshop where you will learn journaling techniques and explore a loss that you are grieving through writing.

No prior journaling experience is necessary.

Thurs Jan 14 & 21  
7:00 - 9:00 pm  
Via Zoom

To register:  
867-667-7429  
[info@hospiceyukon.net](mailto:info@hospiceyukon.net)  
[hospiceyukon.net](http://hospiceyukon.net)

*"Fill your paper with the breathings of  
your heart." William Wordsworth*

