



# Living with Loss



This is a free workshop to help you support yourself and others in times of grief. You will learn about the natural cycle of grief that accompanies all losses, as well as practical tools for self-care that will help you heal and grow through difficult times.

Wednesday September 23  
7:00-8:30pm  
Via Zoom (online platform)  
To register:  
[info@hospiceyukon.net](mailto:info@hospiceyukon.net)  
867-667-7429

This workshop will be offered via Zoom, a free web-based platform.

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

[www.hospiceyukon.net](http://www.hospiceyukon.net)

