

Living with Loss



Join us for a free online workshop

**Thursday November 13
6pm to 8pm**

You'll learn about the nature of grief and the ways it can impact people experiencing different forms of loss, and practical tools for self-care that can help you heal and grow through difficult times.

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

**Find out more and sign up for zoom link:
www.hospiceyukon.net/events**

