

Living with Loss



Join us for a free in-person workshop

**Wednesday April 29
5:30 to 7:30pm
Whitehorse Public Library**

You'll learn about the nature of grief and the ways it can impact people experiencing different forms of loss.

We'll share 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: www.hospiceyukon.net/events

