



Living with Loss

This is a free workshop to give you some tools to support yourself and others in times of grief.

You will learn about the nature of grief, and the various ways that grief can impact people with different kinds of loss.

You'll also learn practical tools for self-care that can help you heal and grow through difficult times.

This is not a grief support group, so participants will not be asked to share anything personal.

Whitehorse Public Library
Thursday, September 17
5:30 - 7:30 pm

For more information or to register
info@hospicenyukon.net
867-667-7429

