

Life After Loss

This transformative workshop will guide a journey of resilience and renewal after experiencing loss. This will be a safe space where participants can navigate the complexities of grief, find support and rediscover hope. Through a series of exercises and group discussions participants will navigate the emotions of grief and loss, identify personal strengths, develop coping strategies, cultivate self compassion, and explore ways to honour the memory of loved ones.

Participants will also connect with others who understand and validate their experiences. The course fee includes worksheets and other reference materials.

Thursdays 1 - 3 p.m.
Starting October 10
\$117 for 3 weeks

**Registration
available at
Reception starting
August 12**

