



Bereavement Workshop Series

First Wednesday of each month



- September 6:** Overview of Grief: Join us to learn about the symptoms of grief and some coping strategies to help manage them.
- October 4:** “The New Normal” creating a life after the loss of a loved one
- November 1:** Supporting someone who is grieving: Tips on what to say and what not to say to someone who is grieving.
- December 6:** Getting through the Holidays and the Days that Mean Something to You

- WHAT:**
- Education and discussion about grief
 - Learn practical coping tools and strategies
 - Increase your understanding about how grief affects you

WHEN: First Wednesday of each month
2:00—4:00 pm In person

WHERE: Unit 1—161 Bridge Street West, Belleville

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **613-962-0000 ext. 0**



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