



Into the Heart of the Matter:

Grief and Bereavement workshop

Thursday, November 24th
from 1:00pm-2:30pm

Free virtual workshop

Grief can be complicated and challenging. It is experienced by everyone, however many in our community still express that they are not comfortable addressing it. In particular, older adults can be acutely affected by grief as they age.

In this free virtual workshop, you will be guided through an interactive session by trained facilitators to increase your knowledge and comfort on the topic. You will also be provided with tools and techniques to have conversations with those around you experiencing grief to be able to better support them, which is especially important during these challenging times.

*Please register through Eventbrite link by clicking [HERE](#)

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