



Navigating the Holidays in the Midst of Grief and Loss

A Healing Workshop

- Learn ways to prepare for and mitigate the inevitable triggers of holiday events
- Do some grief work in a safe, supportive environment
- Gain tools to contain the grieving process
- Spiritual approach that is inclusive of all belief systems

Facilitated by Heather Kristenson, Registered Therapeutic Counsellor, Certified Grief Support Counsellor (through CCPC Global)

Date: Saturday, December 1, 2018

Time: 9am - 3pm

Place: St. Augustine's Anglican Church

Cost: \$40 (Funding available if cost is an issue)

Lunch provided. (Please notify of any allergies)

Please contact Heather Kristenson to register. Space is limited.
Registration deadline: November 29, 2018

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