

Let's Talk Together



About Grief ,Trauma and Loss

6 part series / June 23 & 24, and July 7 & 8, 2023 / \$79

Friday evening 5:30-8pm; Saturday 10am-3:00pm

Location: The Memorial Hall at 1379 Esquimalt Road

For more information and to register:



Email: griefftalk1to1@gmail.com

Share your personal experience in confidence; learn how to manage your reaction to stressors; learn why grieving is the most healthy response to significant loss.

Course content:

1. What are Grief, Trauma and Loss?
2. What happened?
3. What supports help?
4. Where did everyone go?
5. Where is God in all this?
6. What is ahead and how do I get there?



Image by Gerd Altmann, courtesy of Pixabay

Your facilitator, Cathy Carphin, has a B.A. in Psychology, has Certified as a Grief Educator and trained in Polyvagal Theory and techniques.