



Free

Grief and Loss Workshop

It's okay not to be okay.

Join us for a set of two connected sessions to learn more about grief and loss in a safe, compassionate environment.

FOR: Adults, seniors, parents, caregivers

COST: FREE

WHEN: **Session 1: Understanding grief** **Session 2: Building coping skills**
Tuesday, Jan. 17 Tuesday, Jan. 24
6 p.m to 7:30 p.m. 6 p.m. to 7:30 p.m.

WHERE: In person at **Family and Community Services**
Strathcona County Community Centre, 401 Festival Lane

Register online at strathcona.ca/adultlearning
or by calling 780-464-4044

 STRATHCONA
COUNTY