

HOSPICE SOCIETY OF CAMROSE & DISTRICT

SUPPORT FOR THOSE FACING BEREAVEMENT AND GRIEF

We all face loss, eventually. This workshop is for:

- People who are coping with grief and loss; and
- Support People (i.e. friends, co-workers, family, and/or healthcare providers).

Oct 4 – Camrose, Public Library, 9:30 am - 3:30 pm

Oct 26 – Sedgewick, Flagstaff County Office, 9:30 am-3:30 pm

COST: Free for Participants

WHAT TO EXPECT: Participants will learn:

- ☀ How to be a companion/grief helper to someone who has experienced a loss;
- ☀ The importance of integrating loss into our own lives first;
- ☀ That everyone's grief journey is unique & that we all grieve differently;
- ☀ How to recognize signs of complicated grief; and
- ☀ How to access appropriate community resources.

REGISTRATION:

To receive more information or to register, please contact Hospice at 780.608.0636

To register online:

www.camrosehospice.org/what-s-happening

Space is limited.



Hospice Society
OF CAMROSE AND DISTRICT