

WOOLWICH  
COUNSELLING CENTRE  
AND BEREAVED  
FAMILIES OF ONTARIO -  
MIDWESTERN REGION  
PRESENT

# GRIEF AND SPECIAL DAYS

## ADULT WORKSHOP

### No cost, virtual workshop

When you're grieving, special occasions like birthdays, anniversaries, Mother's/Father's Day and the holidays, no matter what you celebrate, can be a time of overwhelming emotions, new challenges and unrealistic expectations from family and friends.

This session acknowledges the difficulties these special days can bring and discusses coping strategies to help you through.

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**TUESDAY, DEC. 13 2022**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



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