

Healing & Understanding Grief

A GENTLE REMINDER YOU ARE NOT ALONE.



6 WEEKS
FREE
COURSE



UNDERSTANDING GRIEF & LOSS AND THE EFFECT ON YOUR MENTAL HEALTH

Learn effective tools and understanding for how to process feelings of pain and loss. While also learning to live with grief in a manageable way. This will be done in a friendly and supportive environment.



STARTING FEBRUARY 2024

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LIMITED SPACES
PLEASE REGISTER BY
CALLING OR EMAILING

