

# Walking with Grief

## *Grief support group*



Have you experienced the loss of a loved one? Join us for a free in-person grief support group where you will learn about the nature of the grieving process, emotions and healing. You will learn to build a community with individuals experiencing similar challenges, gain practical strategies for navigating grief and emerge with a clearer direction for moving forward.

In partnership with *Karunia Counselling*, this five-week session will be facilitated by a Registered Psychologist and a Registered Social Worker.

- ▶ **Dates:** Wednesdays, Apr. 1, 8, 15, 22 and 29
- ▶ **Time:** 10 to 11:30 a.m.
- ▶ **Location:** Calmar Program Centre, 4815 49 St., Calmar, AB.
- ▶ **Register:** contact Kristin at **780-955-6421** or [kristin@leduc-county.com](mailto:kristin@leduc-county.com) or register online at [www.leduc-county.com/walking-with-grief](http://www.leduc-county.com/walking-with-grief)



Counselling & Psychological Services

