LEDUC COUNTY

Christmas mourning:
Honouring grief during the holidays

However you celebrate the holidays, this season can be a difficult time. Christmas mourning is a gathering to provide support and comfort to those who are grieving during the holidays. This event offers a space for individuals to come together and remember their loved ones who have passed away and will include readings, reflection and an optional time of sharing.

Join us for this opportunity to honour and pay tribute to the memories of the loved ones you have lost.

Session is open to adults 18 years and older and will be facilitated by Registered Psychologist Amy Walton from Karunia Counselling in partnership with Leduc County Family and Community Support Services.

- **Date:** Wednesday, Dec. 2, 2026
- **Time:** 10 to 11 a.m.
- **Location:** Calmar & District Senior Centre
  4916 50 Avenue, Calmar, AB.
- **Registration:** Contact Kristin at **780-955-6421**, by email at Kristin@leduc-county.com or online at www.leduc-county.com/mourning

TOWN OF CALMAR

Warburg AUTHENTIC LIVING SINCE 1953

THORSBY THE BEST OF BOTH WORLDS

KARUNIA Counselling & Psychological Services