

Life's *big & little* griefs

Grief is present in our daily lives. There is no beginning, middle and end to how we grieve; it is as unique as a fingerprint.

This interactive workshop will provide a safe place to increase your awareness about **types of loss** and the grief associated. You will explore your **beliefs** about grief, and you will be guided in **completing a set of actions** that will enable you to cultivate understanding and be able to **work through other losses** that you may have experienced in your past.



When
Tuesday 15 Oct, 2019
6pm - 8pm
Where
**Clayton Community Centre
(Library room)**
9-15 Cooke Street, Clayton

RSVP Essential
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