

# “Grief Journey”

What are different kinds of grief? How do we cope with grief?



**When:** Saturday May 26th

**Time:** 10am—12:30pm

**Where:** Prince George

(meeting place to be determined)

**Presenter:** Tiffany Cassner

**Afternoon Activity:**

Community picnic hosted by Northern BC Children and Families Hearing Society

Tiffany’s workshop will focus on:

- learning about different kinds of grief (not just grief from the death of a loved one)
- how we manage feelings of grief
- what we can do to support ourselves and others

Tiffany is a clinical counsellor who works at the WBP. The presentation will be in ASL.

## Need More Information or Register?

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