

“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?

Email: WellBeing.Staff@vch.ca

Voice: 604-456-0900 . **Text:** 778-987-4174

TTY: 604-456-0901 . **FAX:** 604-456-0904

Toll-free TTY: 1-800-949-1155

Website: deafwellbeing.vch.ca