



Moose Cree
First Nation

GRIEF EDU-THERAPY™

HEALING BROKEN HEARTS



INFORMATION

Grief is the normal human response to loss and the Edu-Therapy™ process of grief resolution is recognized as one of the most effective programs for dealing with the pain caused by loss and the grief that is often created by conflict within our relations.

Moose Cree Health Services would like to invite you to participate in the upcoming Grief Edu-Therapy™ program for individuals dealing with significant emotional loss. There are over 60 life experiences that have the potential to create sad or negative emotional responses. Left unresolved, the cumulative effects of these experiences reduce our ability to participate in relationships and our lives. Participation in the 8 session program will address the conflicting emotions caused by loss and enhance your ability to participate fully in your life and relationships. Grief resolution can help if you are dealing with a loss due to a death, the ending of a relationship, or loss of trust or safety.

SESSION DETAILS

- Ages 16 and up
- Accepting the first ten (10) registrations
- Facilitated by Cheryl Moore, Brittany Biedermann, and Warren Kapashesit



FIRST SESSION:

TUESDAY, JUNE 2, 2015

1:00 P.M. - E.P.R. Centre - Moose Factory, ON

TO REGISTER, PLEASE CONTACT:

Brittany Biedermann at (705) 658-4619 ext. 259 or brittany.biedermann@moosecree.com
Cheryl Moore at (705)-658-4220 ext. 26 or cheryl.moore@moosecree.com