

# Grief and the Holidays

The Holiday Season is here! While it's a festive time of the year, we understand that those conflicted feelings of grief can come up for many people at this time. For those who are curious about why this is and how to get comfortable with this uncomfortableness, we will be hosting the workshop 'Grief and the Holidays'.

This workshop will be open to anybody who wishes to attend. We will be sharing practical knowledge about living with grief. The information may assist you in your own grief or in helping fellow grievers – children, family and friends.

A quick note: this is not Grief Edu-Therapy. While this activity may be helpful, we encourage grievers to participate in the full Grief Edu-Therapy program. Keep an eye out for that program to continue in the New Year.

**Date:** Wednesday, December 21, 2016

**Time:** 6:30pm to 8:00pm

**Location:** Moose Cree Healing Centre

(Across from the Public Works Building)

If you have any questions about this workshop, feel free to contact one of the counselors at the Moose Cree Health Services Office – 705-658-4619 ext. 256

Facilitated by



Deva Little Mustache, M.Ed., CCC, Child & Youth Clinician

Brittany Biedermann, MA, Community Wellness Clinician I

Warren Kapashesit, BSW, Community Wellness Clinician II

We look forward to seeing you there.