



FREE
ALL
WELCOME

COPING WITH *Grief*

Join us to learn about what you can expect in your grief journey and tips for coping.

This four week session will cover

- **May 1** - Understanding Grief and Coping Strategies
- **May 15** - Journaling
- **May 29** - Meditation and Mindfulness
- **June 12** - Expressive Art

1:30 pm to 3pm

Community & Supportive Care Services Office

40 Centre St., Chatham, ON Suite 305
(Extra Parking located at Vital Air on the corner of Centre St & Harvey St)



**Group facilitated by
Chatham-Kent Hospice Registered Social Worker, Alex.**

Registration and Intake Assessment Required
Please contact: Lisa Adams at 519-354-3113 2406
or supportivecare@chathamkenthospice.com