

We understand that the death of someone close can be overwhelming.



Please join us for an Adult Bereavement Education Seminar that will provide you with support and information about what to do after someone dies, regardless of when or how the death occurred. While there will be some opportunity to share, there is no expectation for you to speak or participate during this education session. You are welcome to bring a friend or relative for support. We strongly encourage you to take this opportunity to gain some valuable insight and perspective that may help you on your grief journey.

Our last session for 2019 is scheduled as follows:

Holiday Grief

Thursday December 5, 2019 from 6:00 pm – 7:30pm

Located at Canadian Mental Health Association, Windsor Essex County Branch 1400 Windsor Avenue in the Dan Gemus Meeting Room.

Topics that will be explored in this **90 minute** session:

- How Grief Affects You
- Common Reactions and Appropriate Expectations
- Healthy Coping Strategies
- Taking Care of Yourself

Please RSVP* by calling **CMHA-WECB at 519-255-7440 (select “0” for reception)** with your name and phone number and mention if you plan to bring a support person.

***Note: you must RSVP so we can contact you should there be a change in meeting date or time.**