

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 limited 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.

This session will be offered at various dates and times throughout the year:

Wednesday January 15, 2020	3:00 pm - 4:30 pm
Thursday February 6, 2020	10:00 am - 11:30 am
Thursday March 5, 2020	6:00 pm - 7:30 pm
Tuesday March 31, 2020	3:00 pm - 4:30 pm
Thursday April 30, 2020	10:00 am - 11:30 am
Tuesday May 26, 2020	6:00 pm - 7:30 pm
Tuesday June 23, 2020	3:00 pm - 4:30 pm

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.**

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