



# "Learning to Move Beyond Loss"

**A Free One-Day Workshop  
Based on the Principles of The Grief Recovery Method**

**Learn about grief as the normal and natural response to change or loss of any kind.**

**Identify tools for coping with grief in a healthy and helpful way.**

**January 26th, 2023**

**10:00AM - 3:00PM**

**Lakewood Community Church**

**Join Us In-Person Or Online**

To Register:



[prairierosehospice.ca](http://prairierosehospice.ca)



403-633-9281



[prhpcs@gmail.com](mailto:prhpcs@gmail.com)



[@prairierosehospice](https://www.facebook.com/prairierosehospice)

Please Register Before January 20th, 2023

Workshop presented by  
Jennifer Thom and Darlene Rempel of:



**Stronger  
LifeConnections**

[www.stronger-lifeconnections.com](http://www.stronger-lifeconnections.com)