

Hope for the Holidays

Interactive Grief Workshop



November 21st, 2019

5:30pm- 8:00 pm

Companion Hospice

2041 W Orangewood Ave
Orange, CA 92868

The death of someone close to you can shatter your world. Join us for an interactive workshop that can help you begin to put the pieces back together. In this supportive environment, we'll talk about what you can expect to experience as you and those around you grieve; we'll anticipate changes that may lie ahead; and, most importantly, you'll have an opportunity to create a plan that can make the holidays a little more comfortable.

Objectives:

- Understand common grief experiences and grief reactions.
- Discuss specific difficulties of unresolved issues.
- Identify opportunities for healing.
- Identify ways to intentionally participate in the relationship.

- * Free to participants!
- * Space is limited, sign up today
- * Light meal provided with registration between 5:30-6:00
- * Workshop Facilitator:
- * Jen Leong, LMFT, CT.
- * Jen is a psychotherapist, grief specialist and educator; she has worked with grieving children and adults since 2003

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To RSVP, or for more information, please contact
Michelle at:

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Register Online: www.socalhospicefoundation.org