

Grief Through Creative Expression

Interactive Grief Workshop



May 24th, 2018

5:30pm- 8:00 pm

Companion Hospice

4199 Flat Rock Rd #200
Riverside, CA 92505

Does it seem like words just aren't enough to express the grief that you feel? Or, maybe the words are hard to find? If you've lost someone important in your life and you're curious about different ways to work through your grief, then this workshop is for you. You'll be introduced to a variety of ways, beyond talking, that can support you in processing and honoring your grief. During the workshop you'll have time to create a small memorial box to honor your grief and the person who has died.

Objectives:

- Normalize grief experiences and grief reactions.
- Identify creative ways to express and process grief.
- Create a memorial shelf.

- * Free to participants!
- * Space is limited, sign up today
- * Light meal provided with registration between 5:30pm-6:00pm
- * Workshop Leader:
* Jen Leong, M.A., CT
* Jen has been a grief specialist & educator since 2003

Proudly Sponsored By:


Southern California Hospice Foundation

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

Phone: (877) 661-0087

Email: michelle@Socalhospicefoundation.org

Register Online: www.socalhospicefoundation.org