

Hope for the Holidays

Understanding Grief and Loss

You are Invited to Join us for this Workshop Titled,
THE SUITCASE



Grief and loss are not only from the death of a loved one or pet but can also be from moving, changing careers/jobs, loss of health, relationships, divorce, and so much more.

This workshop is designed for people experiencing any type of loss and grief, and for those who want to help them. The workshop will include slides and a safe place to identify and explore the many levels and areas of grief. The goal is to assist and share strategies to move through the feelings of loss, emptiness, loneliness, anger and sadness in order to enter a new place of well-being.

Presented by:
LINDA SMITH, MSW, LASW,
(Bereavement Counselor)
and CYNTHIA ZINK
(Grief Facilitator)

Date: November 9, 1:00-5:00 pm

Suggested Donation: \$20-\$30

Register: Use QR code or visit csltacoma.org

Location: Center for Spiritual Living-Tacoma,
206 North J Street, Tacoma, WA 98403

