

BEING WITH GRIEF

If you have recently experienced the death of a loved one, we invite you to an education session to learn and share.

YOU MAY FIND IT HELPFUL IF YOU HAVE BEEN WONDERING...

'What are common grief responses?'

'Is this normal? Am I normal?'

'How do I know if I need additional help?'

NEXT SESSION:

Wednesday, January 23

6:00 to 8:00 pm

To register or for more information on the session, please contact the Nancy Chan Palliative Care Ambulatory Clinic at **604-659-1160** or **nancychanclinic@vch.ca**

These sessions are facilitated in collaboration with Vancouver Coastal Health and Providence Health Care.