

SUNDAY, OCTOBER 18TH 2020

FREE WELLNESS WORKSHOP ON **zoom**



NAVIGATING LOSS

IT'S NOT JUST ABOUT DEATH

We all live with loss and it's not just about death. Loss comes in many forms. For example, for some it's the loss of independence, mobility, or a relationship. For others, it could be the loss of identity from leaving a job, being an empty nester, or simply missing what use to be. Please join us for a FREE wellness workshop and learn how to navigate through loss. After all, what do you have to lose?

Workshop facilitator: **Eleanor Silverberg**, BA Psych, MSW, RSW of Jade Self Development Coaching.

zoom Details

Sun. Oct 18, 2020 | 9:30am to 2:30pm

<https://us02web.zoom.us/j/89926985538>

Meeting ID: **899 2698 5538**

Meeting ID: **4urJ1X**

To RSVP visit:

www.caregivingmatters.ca/special-projects/navigating-loss

To RSVP by phone: **905-939-2931**



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