

# GRIEF & LOSS DURING HOLIDAY SEASON WORKSHOP

DECEMBER 8, 2020 TUESDAY

TIME: 1-3 PM

Please call IWRC @ 204-642-8264 to register

Location: IWRC 87-5<sup>th</sup> Ave

Gimli, MB

Identifying our losses

Healing ourselves & coping with our feelings

How to honor ourselves during holidays

Self care & support

Letting Go & Moving forward



Inverval Women's Resource Centre